



## Intermittent Fasting Sample Weight-Loss Plan

### Day 1

<b><u>Meal 1</u></b>	Protein	Carb	Fat	Calorie
1 whole egg + 2 egg whites beaten	14	0	6	110
1 potato + sliced onion	3	35	0	152
1 Tbsp shredded cheddar cheese	4	0	5	61
30g Ham 96% free fat	5	1	1	33
1 tablespoon vegetable oil	0	0	15	135
1 cup of fresh orange juice	1	26	0	108
<b>Total</b>	<b>27g</b>	<b>52g</b>	<b>27g</b>	<b>599 cal</b>

<b><u>Snack</u></b>	Protein	Carb	Fat	Calorie
30g Dried soy beans	11	9	5	125
1/4 cup of fresh avocado	2	3	5	58
<b>Total</b>	<b>13g</b>	<b>12g</b>	<b>10g</b>	<b>183 cal</b>



<b><u>Meal 2 (beef fillet with red pepper crust)</u></b>	Protein	Carb	Fat	Calorie
240g beef fillet steak	68	0	16	416
1 cup of mashed potato	4	35	8	228
1 cup Veggies (Red pepper + onion)	2	1	5	57
15g Honey mustard	0	5	0	20
1 cup Spicy crab salad	16	29	6	234
<b>Total</b>	<b>67g</b>	<b>76g</b>	<b>22g</b>	<b>955 cal</b>

Grand total: 1737 Calorie

## Day 2

<b><u>Meal 1</u></b>	Protein	Carb	Fat	Calorie
1 cup of low-fat milk	8	12	4	110
1 packet of Instant Oatmeal	4	19	2	100
10g of dried raising	0.5	7	0	30
Scrambled eggs (2 egg whites + 1 whole egg)	14	0	7	105
Sauteed Veggies (Carrots, Red/green bell pepper)	1	6	0	28



1 serving brown pita bread	3	3	7	82
<b>Total</b>	<b>30.5g</b>	<b>47g</b>	<b>20g</b>	<b>455 cal</b>

<u>Snack</u>	Protein	Carb	Fat	Calorie
1 cup yogurt	14	19	7	195
5 medium strawberries	0	5	0	20
1 mini whole wheat bagel	6	25	1	133
1 Tablespoon peanut butter unsalted	4	3	8	94
Fruit jam 1 Tablespoon	0	13	0	52
<b>Total</b>	<b>24g</b>	<b>65g</b>	<b>16g</b>	<b>494 cal</b>

<u>Meal 2</u>	Protein	Carb	Fat	Calorie
180g of Roast turkey breast	51	0	6	258
150g mashed potato	3	25	6	157
1 cup Green salad + 1 TBSP Olive oil	1	5	15	159
1 Tbsp Balsamic vinaigrette	0	1	3	31
1 cup of fresh orange juice	1	26	0	108
<b>Total</b>	<b>39g</b>	<b>57g</b>	<b>13g</b>	<b>627 cal</b>



Grand total: 1575 Calorie

