🥗 Intermittent Fasting Meal Plan for Beginners

(7-Day Simple & Balanced Eating Guide)

Welcome to your first step toward successful intermittent fasting! This simple meal plan is designed for beginners who want to lose weight without feeling deprived or overwhelmed.

It follows the **16:8 method** , where you fast for 16 hours and eat within an 8-hour window (e.g., 12:00 PM – 8:00 PM). Focus on eating **nutrient-dense meals** that keep you full and energized.

⏰ Daily Meal Structure

Time	Meal Time	Notes
12:00 PM	Lunch	Main meal of the day – focus on protein + fiber + healthy fat
3:00–4:00 PM	Snack (optional)	Light but satisfying
6:00–7:00 PM:00–4:00 PM	Snack (optional)	Similar to lunch – avoid heavy late-night meals

🍽️ Sample Meal Ideas

🌞 Lunch Ideas

- Grilled Chicken Salad (mixed greens, cherry tomatoes, avocado, olive oil)
- Chickpea & Veggie Bowl (brown rice, roasted veggies, tahini dressing)
- Tuna Lettuce Wraps (with cucumbers on the side)

🍎 Snack Ideas

- Greek yogurt with berries and chia seeds
- Handful of almonds or walnuts
- Carrot sticks with hummus
- Cottage cheese with flax seeds

🌙 Dinner Ideas

- Baked Salmon with Asparagus & Quinoa
- Stir-Fried Tofu & Veggies over Cauliflower Rice
- Zucchini Noodles with Turkey Bolognese

🗓️ 7-Day Meal Plan Overview

Day	Lunch Idea	Snack Option	Dinner Idea
Monday	Grilled Chicken Salad	Handful of nuts	Baked Salmon & Asparagus
Tuesday	Chickpea & Veggie Bowl	Cucumber & Hummus	Zucchini Noodles with Turkey
Wednesday	Tuna Lettuce Wraps	Greek Yogurt & Berries	Stir-Fried Tofu & Veggies
Thursday	Quinoa & Roasted Veggies	Celery Sticks & Almond Butter	Shrimp Stir Fry with Brown Rice
Friday	Turkey Lettuce Wrap	Hard Boiled Egg	Grilled Fish Tacos (no tortilla)
Saturday	Lentil Soup with Side Salad	Apple Slices & Peanut Butter	Grilled Veggie Skewers + Couscous
Sunday	Egg Scramble with Spinach	Avocado Toast on Whole Grain (small portion)	Grilled Chicken with Sweet Potato & Greens

✅ Tips for Success

- Stay hydrated during your fast (water, herbal tea, black coffee).
- Don’t skip meals—focus on **nutrient-dense foods** to feel full longer.
- Avoid overeating when breaking your fast—start small and chew slowly.
- Prep meals ahead of time to stay consistent.
- Track how you feel each day using our free tracker in the “Beginner’s Guide to Intermittent Fasting.”