

**I'm not a robot!**



**INTERMITTENT FASTING**

## 7-DAY MEAL PLAN

Day 1	Day 2
8:00 am: Lemon water 8:30 am: Skip breakfast 12:00 pm: Avocado chicken salad 3:00 pm: Nuts 7:00 pm: Macadamia basil pesto pasta 8:00 pm: Begin fasting	8:00 am: Black coffee 8:30 am: Skip breakfast 12:00 pm: Vegan chickpea salad 3:00 pm: Fruit of your choice 7:00 pm: Mexican tempeh 8:00 pm: Begin fasting
Day 3	Day 4
8:00 am: Black coffee 8:30 am: Skip breakfast 12:00 pm: Tuna avocado salad wrap 3:00 pm: Hummus & raw veggie sticks 7:00 pm: Asian fried "noodles" 8:00 pm: Begin fasting	8:00 am: Apple cider vinegar drink 8:30 am: Skip breakfast 12:00 pm: Broccoli tofu salad 3:00 pm: Dark chocolate 7:00 pm: Salmon kale salad 8:00 pm: Begin fasting
Day 5	Day 6
8:00 am: Lemon water 8:30 am: Skip breakfast 12:00 pm: Turkey Chili 3:00 pm: Organic edamame 7:00 pm: Grilled chicken salad 8:00 pm: Begin fasting	8:00 am: Lemon water 8:30 am: Skip breakfast 12:00 pm: Grilled salmon salad 3:00 pm: Dark chocolate bark 7:00 pm: Chicken tortilla soup 8:00 pm: Begin fasting
Day 7	
8:00 am: Black coffee 8:30 am: Skip breakfast 12:00 pm: Sprouts, chicken, quinoa Buddha bowl 3:00 pm: Greek yogurt 7:00 pm: Teriyaki chicken with cauliflower rice 8:00 pm: Begin fasting	

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1000 Calories		7 Day Low Carb Meal Plan		REMOVE OF WEIGHT	
Time	Food	Ext. Calories	Meal	Food	Ext. Calories
Morn.	Breakfast (1 slice) (1 oz)	100	Morn.	Breakfast (1 slice) (1 oz)	100
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Carrot, baby (8)	26
12:00 pm	Snack: Steel-cut oats (1 cup)	100	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Celery (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat (16oz)	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20
Day 2		350			
Morn.	Pork, bacon (1 oz)	100	Morn.	Milk, 1% fat free or skim	80
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Broccoli (1 cup)	100
12:00 pm	Snack: Carrot, baby (8)	26	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Cauliflower (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat free or skim	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20
Day 3		350			
Morn.	Pork, bacon (1 oz)	100	Morn.	Milk, 1% fat free or skim	80
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Broccoli (1 cup)	100
12:00 pm	Snack: Egg, hard boiled (1 oz)	100	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Vegetables (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat free or skim	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20
Day 4		350			
Morn.	Pork, bacon (1 oz)	100	Morn.	Milk, 1% fat free or skim	80
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Broccoli (1 cup)	100
12:00 pm	Snack: Egg, hard boiled (1 oz)	100	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Vegetables (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat free or skim	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20
Day 5		350			
Morn.	Pork, bacon (1 oz)	100	Morn.	Milk, 1% fat free or skim	80
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Broccoli (1 cup)	100
12:00 pm	Snack: Egg, hard boiled (1 oz)	100	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Vegetables (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat free or skim	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20
Day 6		350			
Morn.	Pork, bacon (1 oz)	100	Morn.	Milk, 1% fat free or skim	80
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Broccoli (1 cup)	100
12:00 pm	Snack: Egg, hard boiled (1 oz)	100	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Vegetables (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat free or skim	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20
Day 7		350			
Morn.	Pork, bacon (1 oz)	100	Morn.	Milk, 1% fat free or skim	80
10:30 am	Snack: Cauliflower, raw (1 cup)	27	12:00 pm	Broccoli (1 cup)	100
12:00 pm	Snack: Egg, hard boiled (1 oz)	100	1:00 pm	Broccoli (1 cup)	100
1:00 pm	Lunch: Lettuce wraps (1 wrap)	40	3:00 pm	Sprouts (1 cup)	40
4:00 pm	Snack: Vegetables (1 cup)	20	7:00 pm	Spinach, cooked, boiled (1 cup)	40
Dinner:	Beef, steaks, chopped (1 cup)	200		Yogurt, Greek, non fat (16oz)	100
	Orzo, cottage, ricotta (1 cup)	120		Bread (2 cups) & shrimp (16oz)	100
	Broccoli, carrots, zucchini (1 cup)	100		Milk, 1% fat free or skim	80
	Yogurt, Greek, non fat (16oz)	120		Carrot, baby (16oz)	20

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HEALTH SYSTEM**Helpful Guidelines for Successful Weight Loss**

Weight loss should occur when you eat fewer calories than you burn. Increasing physical activity while limiting your calories will increase your rate of weight loss. Increasing physical activity will also help you to maintain your weight after weight loss. Discuss appropriate caloric levels and serving sizes with your dietitian.

- Keep a written food and physical activity journal.
- Weigh yourself once per week at the same time of day, with the same amount of clothing, and on the same scale.
- Eat breakfast everyday and do not skip meals. Skipping meals can lead to extreme hunger, overeating and poor food choices.
- Plan your meals and eat around the same time every day.
- Pick an eating area at home and/or work.
- Turn off the TV and/or computer during meals and snacks.
- Eat slowly. Take 30 minutes for a meal. It takes 20 minutes before you feel full, so wait 20 minutes after your first serving before taking a second serving.
- Eat protein foods first to help you feel full sooner.
- Read food labels to help control portions of food.
- Eat less fat and sugar. Eat more fiber, including fresh fruits/vegetables and whole grains.
- Limit restaurant and fast food meals.
- Don't keep problem foods around the house and/or at work. A problem food is a food that you are likely to eat too much of or too often if readily available.
- Drink at least 8 cups (64 ounces) of liquids per day. Focus on calorie-free, caffeine-free beverages.
- Get adequate sleep each night (7-9 hours).



Clinical Dietitians, Food & Nutrition Services, UC Davis Medical Center (3/06)  
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# 1,400 calorie beach body meal plan

	breakfast	lunch	dinner	cals	macros
Mon	beets & berries smoothie (451 cal/ 11F, 63C, 31P)	3 turkey meatballs + marinara + riced cauli & sweet potato (486 cal/ 24F, 33C, 41P)	4 oz. fish + coconut rice + mango salsa + spicy green beans (485 cal/ 23.5F, 46C, 28P)	1,407	58.5F, 158C, 100P 19%/50%/31%
Tue	southwest hash + 2 corn tortillas (365 cal/ 18F, 29C, 14.5P)	3 turkey meatballs + marinara + riced cauli & sweet potato (486 cal/ 24F, 33C, 41P)	greek chicken kabobs with tzatziki (468 cal/ 23F, 18.6C, 45P)	1,319	65F, 80.6C, 100.5P 26%/33%/41%
Wed	beets & berries smoothie (451 cal/ 11F, 63C, 31P)	3 turkey meatballs + marinara + riced cauli & sweet potato (486 cal/ 24F, 33C, 41P)	poblano lime taco soup + 1/4 avocado (490 cal/ 37F, 56 C, 51P)	1,427	72F, 168C, 123P 20%/46%/34 %
Thu	southwest hash + 2 corn tortillas (365 cal/ 18F, 29C, 14.5P)	4 oz. fish + coconut rice + mango salsa + spicy green beans (485 cal/ 23.5F, 46C, 28P)	caprese chicken + mashed potatoes (588 cal/ 30F, 38.5C, 41.4P)	1,438	72F, 114C, 75P 28%/44%/28 %
Fri	beets & berries smoothie (451 cal/ 11F, 63C, 31P)	poblano lime taco soup + 1/4 avocado (490 cal/ 37F, 56 C, 51P)	chicken potato curry w/ cauliflower rice (443 cal/ 23F, 33C, 30P)	1,384	71F, 152C, 112P 21%/45%/34 %
Sat	southwest hash + 2 corn tortillas (365 cal/ 18F, 29C, 14.5P)	greek chicken kabobs with tzatziki (468 cal/ 23F, 18.6C, 45P)	sheet pan bbq salmon & veggies (582 cal/ 22F, 59C, 37P)	1,415	63F, 107C, 97P 24%/40%/36%
Sun	southwest hash + 2 corn tortillas (365 cal/ 18F, 29C, 14.5P)	caprese chicken + mashed potatoes (588 cal/ 30F, 38.5C, 41.4P)	spaghetti squash bolognese (444 cal/ 22F, 27.5C, 39P)	1,397	70F, 95C, 95P 27%/47%/36 %

## Weekly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

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