








7-DAY FASTING MIMICKING DIET MEAL PLAN - CHEFOL.COM



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	BREAKFAST	LUNCH	DINNER	SNACKS
MON 	Oatmeal with Berries 1 cup of oatmeal and 1/2 cup of berries	Vegetable Soup with Mixed Greens Salad 1 cup of soup and 1 cup of salad	Brown Rice with Steamed Mixed Vegetables 1/2 cup of cooked brown rice and 1 cup of vegetables	1 Apple/Herbal Tea
TUE 	Oatmeal with Berries 1 cup of oatmeal and 1/2 cup of berries	Vegetable Soup with Mixed Greens Salad 1 cup of soup and 1 cup of salad	Brown Rice with Steamed Mixed Vegetables 1/2 cup of cooked brown rice and 1 cup of vegetables	Hazelnuts, 50g Banana Apple
WED 	10 almonds and Black Coffee	Vegetable Broth with Spinach Salad 1 cup of broth and 1 cup of salad	Mushroom Soup with Steamed Broccoli	Herbal Tea
THU 	Almond Butter on Multigrain Bread	Vegetable Broth with Kale Salad	Quinoa with Grilled Vegetables	10 Almonds
FRI 	Chia Seed Pudding 1 cup	Vegetable Soup 1 cup	Grilled Tofu with Steamed Broccoli 100g tofu and 1 cup of broccoli	Hazelnuts, 50g Banana Apple
SAT 	Almond Milk Smoothie 1 cup	Spinach Salad 2 cups	Zucchini Noodles with Tomato Sauce 1 cup	Crisps
SUN 	Coconut Water with a Handful of Berries 1 cup of coconut water and 1/2 cup of berries	Mixed Greens Salad 2 cups	Steamed Broccoli with Grilled Zucchini 1 cup of broccoli and 1/2 cup of zucchini	Hazelnuts, 50g Banana Apple