
 <b>America's Family Doctors Intermittent Fasting Sample Diet from "The Complete Guide to Fasting" by Dr. Jason Fung</b>	<b>Completely Refrain From Snacking</b>						<b>Typical Fasting Diet</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>FAST DAY</b>	<b>WHOLE 30</b>	<b>FAST DAY</b>	<b>WHOLE 30</b>	<b>FAST DAY</b>	<b>WHOLE 30</b>	<b>FAST DAY</b>
<b>Breakfast</b>	Water Black Coffee / Green tea	Western Omelet spinach	Water Black Coffee / Green tea	Oatmeal with walnuts	Water Black Coffee / Green tea	Two white eggs Breakfast turkey sausage	Water Black Coffee / Green tea
<b>Lunch</b> <i>*Optional, may substitute for Seeds &amp; Nuts</i>	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)	Arugula salad with walnuts, slices of pear, goat cheese	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)	Ginger tofu lettuce cups Stir-fried vegetables	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)	Baby spinach and lentil salad	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)
<b>Early Dinner (4-7PM)</b>	Herbed chicken Green beans	Asian grilled Salmon Baby bok choy stir-fry	Halibut pan-fried in butter and coconut oil	Indian chicken curry Cauliflower Green salad	Baked catfish Sauteed broccoli with garlic and olive oil	Peppered Tuna Asparagus	Chipotle Sofritos Bowl or Beyond Burger Steamed Broccoli
<b>Dessert</b>	Mixed berries	None	None	None	Seasonal fruits	None	Dark chocolate

[Learn more about Intermittent Fasting, Whole 30 and other Healthy Foods at AFDclinics.com](https://www.afdclinics.com)

	<b>America's Family Doctors Intermittent Fasting Sample Diet from "The Complete Guide to Fasting" by Dr. Jason Fung</b>				<b>Completely Refrain From Snacking</b>		<b>Plant Based</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>FAST DAY</b>	<b>WHOLE 30</b>	<b>FAST DAY</b>	<b>WHOLE 30</b>	<b>FAST DAY</b>	<b>WHOLE 30</b>	<b>FAST DAY</b>
<b>Breakfast</b>	Water Black Coffee / Green tea	Oatmeal with walnuts	Water Coffee / Green tea	Tofu omelet with avocado	Water Coffee / Green tea	Spinach Tofu Quiche	Water Coffee / Green tea
<b>Lunch</b> *Optional, may substitute for Seeds & Nuts	Water Coffee / Green tea 1 cup of vegetable broth	Hummus with snap peas and carrot sticks	Water Coffee / Green tea 1 cup of vegetable broth	Baby spinach and lentil salad	Water Coffee / Green tea 1 cup of vegetable broth	5-Bean chili with Avocado	Water Coffee / Green tea 1 cup of vegetable broth
<b>Early Dinner (4-7PM)</b>	Baked ginger tofu Green beans	Grilled portobello mushroom Stir-fried vegetables	Chickpea and spinach curry Green salad	Spaghetti squash primavera Sautéed broccoli and cauliflower	Fajita bowl with beans and brown rice	Quinoa-stuffed peppers Asparagus	Chipotle Sofritos Bowl or Beyond Burger Steamed Broccoli
<b>Dessert</b>	Mixed berries	None	None	None	Seasonal fruits	None	Dark chocolate

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