



America's Family Doctors
Intermittent Fasting Sample Diet From
"The Complete Guide to Fasting" by Dr. Jason Fung

Completely Refrain From Snacking

**Vegetarian
+
Fish**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	FAST DAY		FAST DAY		FAST DAY		FAST DAY
Breakfast	Water Black Coffee / Green tea	Western omelet Green apple	Water Coffee / Green tea	Oatmeal with walnuts	Water Coffee / Green tea	Two egg whites Avocado	Water Coffee / Green tea
Lunch <i>*Optional, may substitute for nuts and seeds</i>	Water Coffee / Green tea 1 cup of vegetable broth	Arugula salad with walnuts, slices of pear, goat cheese	Water Coffee / Green tea 1 cup of vegetable broth	Grilled portobello mushroom Stir-fried vegetables	Water Coffee / Green tea 1 cup of vegetable broth	Baby spinach and lentil salad	Water Coffee / Green tea 1 cup of vegetable broth
Dinner (4-7PM)	Fajita bowl with beans and brown rice	Asian grilled Salmon Baby bok choy stir-fry	Halibut pan-fried in butter and coconut oil	Chickpea and spinach curry Green salad	Baked catfish Sautéed broccoli with garlic and olive oil	Quinoa-stuffed peppers Asparagus	Grilled shrimp salad
Dessert	Mixed berries	None	None	None	Seasonal fruits	None	Dark chocolate
	FAST DAY		FAST DAY		FAST DAY		FAST DAY

Learn more about Fasting and Weight Loss at our website AFDclinics.com