

THE LOVIDIA WAY
Sample Meal Plan
 FOR 16:8 INTERMITTENT FASTING

Sunday
 (97g)

Meal #1: 11AM

1/2 english muffin,
 1 egg, 2 slices
 bacon, 1/2 an
 avocado
 (23.5g)

Meal #2: 2PM

3 cups spinach salad,
 3oz chicken, 1oz
 cheese, 1/2 cup diced
 tomatoes, 1/4 cup
 chickpeas, 2 Tbsp
 oil & vinegar
 (36.5g)

Optional Snack

Atkins shake and
 1/2 cup
 blueberries
 (18g)

Meal #3: 6:30PM

6 oz grilled sirloin
 steak with 1/2 small
 sweet potato, 1 cup
 roasted broccoli
 (19g)

Monday
 (85.5g)

Meal #1: 11AM

1 cup (cooked)
 steel cut oatmeal
 with 1/3 cup
 blueberries,
 cinnamon
 (34g)

Meal #2: 2PM

Leftover 4 oz grilled
 steak w/ 2 cups
 spinach, 1/4 cup diced
 tomatoes, 1 oz blue
 cheese, 1 cup diced
 bell peppers & 2 Tbsp
 blue cheese dressing
 (16.5g)

Optional Snack

1 hard boiled egg, 1
 cup cucumber, 1/4 cup
 hummus
 (6g)

Meal #3: 6:30PM

Stir fry (season with
 soy sauce, sesame oil)
 with 4oz chicken, 1
 cup chopped bell
 peppers, 1/2 cup
 chopped onion with
 1/3 cup brown rice
 (29g)

Tuesday
 (98.5g)

Meal #1: 11AM

2 scrambled eggs, 1
 cup chard,
 1/4 cup feta, and 1/2
 English muffin, 1/2
 cup strawberries
 (12.5g)

Meal #2: 2PM

Black bean patty,
 1 cup brussel sprouts,
 1/2 cup quinoa,
 1 cup apple slices
 (49.5g)

Optional Snack

1 grapefruit and
 1 oz almonds
 (10g)

Meal #3: 6:30PM

4 oz broiled salmon
 with 1/2 cup brown
 rice and kale salad
 w/olive oil, garlic,
 lemon, and sprinkled
 parmesan cheese
 (26.5g)

Wednesday
(99g)

Meal #1: 11AM

1 egg, 2oz ham,
1oz cheese,
1/4 cup diced
mushrooms and
1 small banana
(24g)

Meal #2: 2PM

Beef taco salad:
4oz ground beef, 2
Tbsp sour cream, 2
Tbsp salsa, 3 cup
lettuce, 24 tortilla
chips
(41g)

Optional Snack

2 Rice cakes +
2 Tbsp PB
(18g)

Meal #3: 6:30PM

3 oz ground turkey,
1/2 cup marinara,
1 cup roasted
spaghetti squash
(16g)

Thursday
(94.5 g)

Meal #1: 11AM

1 cup (cooked)
steel cut oatmeal
with 1/2 cup
strawberries
(28.5g)

Meal #2: 2PM

Leftover 4oz ground
turkey, 1 diced
tomato, 1/2 cup
black beans,
1 oz cheddar cheese,
1 low carb tortilla
(33g)

Optional Snack

1 cup cucumber,
1/4 cup hummus
(6g)

Meal #3: 6:30PM

4oz grilled steak,
1/2 cup brown rice
and 1 cup sauteed
bell peppers
(27g)

Friday
(87 g)

Meal #1: 11AM

1 cup strawberries
+ 4oz plain Greek
yogurt
(19g)

Meal #2: 2PM

1 cup black beans, 1
cup stir fry veggies,
and 1/2 cup quinoa
(41g)

Optional Snack

1 cup sugar snap
peas + hummus
(9g)

Meal #3: 6:30PM

4oz Chicken,
1/2 cup broccoli,
1 Tbsp olive oil,
3oz sweet potato
(18g)

Saturday
(97 g)

Meal #1: 11AM

1 scrambled egg, 2
slices bacon, 1 cup
sauteed spinach,
1oz cheddar
cheese, and 10
cherry tomatoes
(14g)

Meal #2: 2PM

Black bean patty,
1 cup brussel
sprouts, 1/2 cup
quinoa, 1 cup
chopped watermelon
(45.5g)

Optional Snack

1 cup plain Greek
yogurt with 1/2 cup
blueberries
(17.5g)

Meal #3: 6:30PM

3 cups salad,
3oz chicken,
1/2 cup chickpeas,
1.5 Tbsp oil and
vinegar
(20g)