

THE LOVIDIA WAY
Sample Meal Plan
 FOR ALTERNATE DAY FASTING

Sunday
 (24.5g)

Breakfast

2 scrambled eggs,
 2oz ham, 1oz
 cheese, ¼ cup
 diced mushrooms
 (3g)

Lunch

3 cups raw spinach,
 3oz chicken, 1oz
 cheese, ½ cup diced
 tomatoes, 2 Tbsp
 oil & vinegar
 (6.5g)

Snack

1 cup plain Greek
 yogurt with 1/4 cup
 raspberries
 (10.5g)

Dinner

6 oz grilled sirloin
 steak with 1 cup
 sauteed portabella
 mushroom, 1/2 cup
 steamed broccoli, 1/2
 cup pureed
 cauliflower
 (4.5g)

Monday
 (85.5g)

Breakfast

1 cup (cooked)
 steel cut oatmeal
 with ⅓ cup
 blueberries,
 cinnamon
 (34g)

Lunch

Leftover 4 oz grilled
 steak w/ 2 cups
 spinach, ¼ cup diced
 tomatoes, 1 oz blue
 cheese, 1 cup diced
 bell peppers & 2 Tbsp
 blue cheese dressing
 (16.5g)

Snack

1 hard boiled egg, 1
 cup cucumber, ¼ cup
 hummus
 (6g)

Dinner

Stir fry (season with
 soy sauce, sesame oil)
 with 4oz chicken, 1
 cup chopped bell
 peppers, ½ cup
 chopped onion with
 1/3 cup brown rice
 (29g)

Tuesday
 (24.5g)

Breakfast

1 egg, 2 slices
 bacon, ½
 avocado, ½ cup
 strawberries
 (10g)

Lunch

Veggie Patty, 1/2 cup
 wilted spinach, 1 cup
 sauteed mushrooms
 and onions, 1 Tbsp
 olive oil
 (5.5g)

Snack

1 wedge Laughing
 Cow cheese, ½ cup
 sliced cucumber, 12
 almonds
 (5g)

Dinner

4 oz broiled salmon
 with 2oz shiritaki
 noodles, and kale
 salad w/olive oil,
 garlic, lemon, and
 sprinkled parmesan
 cheese
 (4g)

Wednesday
(99g)

Breakfast

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

Lunch

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

Snack

2 Rice cakes +
2 Tbsp PB
(18g)

Dinner

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

Thursday
(24 g)

Breakfast

2 scrambled eggs,
4 slices bacon, 1
cup sauteed
spinach, 1.5oz
cheddar cheese,
1Tbsp salsa
(6g)

Lunch

Leftover 4oz ground
turkey, 1 diced
tomato, 1 Tbsp olive
oil, 1/2 cup spaghetti
squash + 8oz
unsweetened
almond milk
(5g)

Snack

1 cup cucumber + 1/4
cup hummus + 3oz
fajita chicken strips
(6g)

Dinner

4oz grilled steak,
1 cup mushrooms
and 1 cup roasted
broccoli
(7g)

Friday
(87 g)

Breakfast

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

Lunch

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

Snack

1 cup sugar snap
peas + hummus
(9g)

Dinner

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

Saturday
(97 g)

Breakfast

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

Lunch

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

Snack

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

Dinner

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