

7 DAY PLAN TO GET STARTED WITH 16/8 INTERMITTENT FASTING

DAY 1

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 2 Hard Boiled Eggs, 1
Cheese Stick, 8 ounces Water

9:00 AM - 8 ounces Water

10:00 AM - 1 Cup Bone Broth

11:00 AM - 1 Cup Bone Broth

12:00 PM - Lunch as Usual

DAY 2

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 1 Cup Bone Broth

9:00 AM - 2 Hard Boiled Eggs, 1

Cheese Stick, 8 ounces Water

10:00 AM - 8 ounces Water

11:00 AM - 1 Cup Bone Broth

12:00 PM - Lunch as Usual

DAY 3

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 8 ounces Water

9:00 AM - 1 Cup Bone Broth

10:00 AM - 1 Hard Boiled Egg, 1

Cheese Stick, 8 ounces Water

11:00 AM - 1 Cup Bone Broth

12:00 PM - Lunch as Usual

DAY 4

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 8 ounces Water

9:00 AM - 1 Cup Bone Broth

10:00 AM - 1 Hard Boiled Egg and 8
ounces Water

11:00 AM - 1 Cup Bone Broth

12:00 PM - Lunch as Usual

DAY 5

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 8 ounces Water

9:00 AM - 1 Cup Bone Broth

10:00 AM - 1 Hard Boiled Egg and 8
ounces Water

11:00 AM - 1 Cup Bone Broth

12:00 PM - Lunch as Usual

DAY 6

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 8 ounces Water

9:00 AM - 8 ounces Water

10:00 AM - 1 Cup Bone Broth

11:00 AM - 8 ounces Water

12:00 PM - Lunch as Usual

DAY 7

7:00 AM - 8 ounces Lemon Water,
Black Coffee or Tea

8:00 AM - 8 ounces Water

9:00 AM - 8 ounces Water

10:00 AM - 8 ounces Water

11:00 AM - 8 ounces Water

12:00 PM - Lunch as Usual

**KEEP IT
GOING!**