

# LOSE 21 POUNDS IN 21 DAYS

## INTERMITTENT FASTING DIET



| DAY 1<br>January 15 - January 17 |                                            | Healthy Fat Loss Inner Circle<br>Meal Plan |                                            |
|----------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|
| Meal 1 Snack                     |                                            | Ingredients                                |                                            |
| Breakfast                        | 2 eggs, cooked and served with             | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with |
|                                  | 1/2 cup of oatmeal, cooked and served with |                                            |                                            |
| Snack #2                         | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with |
|                                  |                                            |                                            |                                            |
| Lunch                            | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with |
|                                  |                                            |                                            |                                            |
| Snack #3                         | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with |
|                                  |                                            |                                            |                                            |
| Dinner                           | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with | 1/2 cup of oatmeal, cooked and served with |
|                                  |                                            |                                            |                                            |

# Lose 21 Pounds In 21 Days

**S Ben Porath**



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