PRESET SIX MEALPLAN

2 meals a day intermittent fasting

2

MEAL 2 chicken leg or 2 eggs broccoli or spinach 1 cup cooked rice mushrooms (optional)

oats or yogurt with nuts

1 fruit of choice

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60
2
2

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MEAL 1

MEAL 1

oats or yogurt with nuts 1 fruit of choice

MEAL 2 : soup day lentil, beetroot, carrot, tomato, potato, mushroom, miso, noodle or chicken soup 2 slices of bread

MEAL 1

oats or yogurt with nuts 1 fruit of choice

MEAL 2

chicken, pork or beef green beans, peas or cabbage 1 cup cooked potatoes

SUNDAY

repeat any of the days or make something special

MEAL 1

2 eggs + 2 slices of bread cucumber slices 1 fruit of choice

MEAL 2 : pasta or curry day e.g., tomato pasta or pasta salad, chickpea or prawn curry

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MEAL 1

2 eggs + 2 slices of bread cucumber slices 1 fruit of choice

MEAL 2 : salad day e.g., lettuce, cucumber, tomato, bean, egg, carrot salad bread, cheese & spread of choice

MEAL 1



C/3

RSDAY

2 eggs + 2 slices of bread cucumber slices 1 fruit of choice

MEAL 2 : seafood day fish or seafood of choice lettuce cucumber salad 1 cup cooked quinoa

4+ hours between meals

MD <u>SNACKING</u> *The Preset Six* is an intermittent fasting-based meal plan for busy people who want to get and stay fit without actually dieting. The meal plan has predefined meal options for six days of the week and it allows you to have a balanced and healthy menu for every day while making shopping and cooking a breeze. It takes guesswork out of everyday dining, frees time and energy so you can spend it elsewhere.

The rules are simple: keep 4+ hour gaps between meals and don't snack in between.

Each day consists of two meals: breakfast & lunch or lunch & dinner, if you don't do breakfasts. The first meal of the day is very simple and it repeats every other day. You can have oats, yogurt or eggs (or any type of protein) with some fruit for dessert.