



INTERMITTENT FASTING

Made Simple

50 Healthy Recipes & Meal Plans
to Lose Weight and Feel Your Best



16:8
Schedule



Healthy Meals
Real Ingredients



Sustainable
Weight Loss

Breakfast • Lunch • Dinner • Snacks
16:8 Plans & **OMAD** Ideas

- ✓ Simple & Delicious Recipes
- ✓ Balanced & Nutrient-Dense
- ✓ Perfect for 16:8 or OMAD
- ✓ Sustainable & Easy to Follow

 *by gracefulfast.life*

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CHAPTER I

INTRODUCTION

Intermittent fasting is an eating pattern that cycles between eating and fasting periods – it doesn't prescribe specific foods, but when you eat them. The most popular schedules are:

- 16:8: Fast for 16 hours, eat during an 8-hour window each day (e.g., 12pm–8pm).
- OMAD (One Meal a Day): Fast ~23 hours, eat all calories in one meal.

Both can support a calorie deficit (the key to weight loss) and may improve insulin sensitivity and metabolic health – though they aren't magic and should include balanced nutrition.

CHAPTER II

SAFETY CONSIDERATIONS

OMAD can be very restrictive and harder to meet nutrient needs – not ideal for everyone.

Those with medical conditions, eating disorders, pregnant/breastfeeding people should consult a professional before fasting.

Listen to your body – intense hunger, dizziness, headache can signal the need to adjust.

CHAPTER III

BREAKFAST



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Veggie omelette + whole-grain toast



Prep & Cook Time:

10 min prep + 10 min cook

Calories: ~320 kcal

Ingredients:

- 2 large eggs
- 1/4 cup milk (or plant-based alternative)
- 1/4 cup bell peppers, diced
- 1/4 cup spinach, chopped
- 2 cherry tomatoes, halved
- 1 tsp olive oil
- Salt & pepper to taste
- 1 slice whole-grain bread

Instructions:

1. In a bowl, whisk together eggs, milk, salt, and pepper.
2. Heat olive oil in a non-stick pan over medium heat.
3. Add bell peppers and tomatoes; sauté for 2–3 minutes until slightly soft.
4. Add spinach and cook until wilted.
5. Pour in the eggs and cook gently, stirring occasionally, until almost set.
6. Fold the omelette and cook another 1–2 minutes.
7. Toast the whole-grain bread and serve alongside.

Tips:

Add a sprinkle of feta or cheddar for extra flavor, or swap veggies with mushrooms or zucchini.

Greek Yogurt Bowl with Berries + Chia Seeds



Prep & Cook Time:

5 min prep

Calories: ~220 kcal

Ingredients:

- **1 cup Greek yogurt (unsweetened)**
- **1/2 cup mixed berries (strawberries, blueberries, raspberries)**
- **1 tbsp chia seeds**
- **1 tsp honey or maple syrup (optional)**

Instructions:

- 1. Spoon Greek yogurt into a bowl.**
- 2. Top with mixed berries.**
- 3. Sprinkle chia seeds evenly.**
- 4. Drizzle honey or maple syrup if desired. Serve immediately.**

Tips:

Add a handful of granola for crunch or swap berries with sliced kiwi or mango.

Smoothie with Spinach, Banana & Protein Powder



Prep & Cook Time:

5 min

Calories: ~250 kcal

Ingredients:

- 1 cup unsweetened almond milk
- 1 banana, frozen for creaminess
- 1 cup fresh spinach
- 1 scoop vanilla protein powder
- 1 tsp almond butter (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Tips:

Add ice cubes for a thicker texture or a teaspoon of flaxseeds for extra fiber.

Oatmeal with Nuts & Fruit



Prep & Cook Time:

5 min prep + 5 min cook

Calories: ~280 kcal

Ingredients:

- **1/2 cup rolled oats**
- **1 cup water or milk**
- **1/4 cup mixed berries or sliced banana**
- **1 tbsp chopped almonds or walnuts**
- **1 tsp cinnamon**
- **1 tsp honey (optional)**

Instructions:

- 1. Bring water or milk to a boil in a small saucepan.**
- 2. Stir in oats and reduce heat to a simmer. Cook for 5 minutes, stirring occasionally.**
- 3. Pour into a bowl and top with fruit, nuts, cinnamon, and honey.**

Tips:

Use steel-cut oats for a chewier texture or swap nuts for seeds like pumpkin or sunflower.

Avocado Toast + Boiled Eggs



Prep & Cook Time:

5 min prep + 5 min cook

Calories: ~300 kcal

Ingredients:

- 1 slice whole-grain bread
- 1/2 avocado, mashed
- 2 boiled eggs
- Salt, pepper & chili flakes to taste

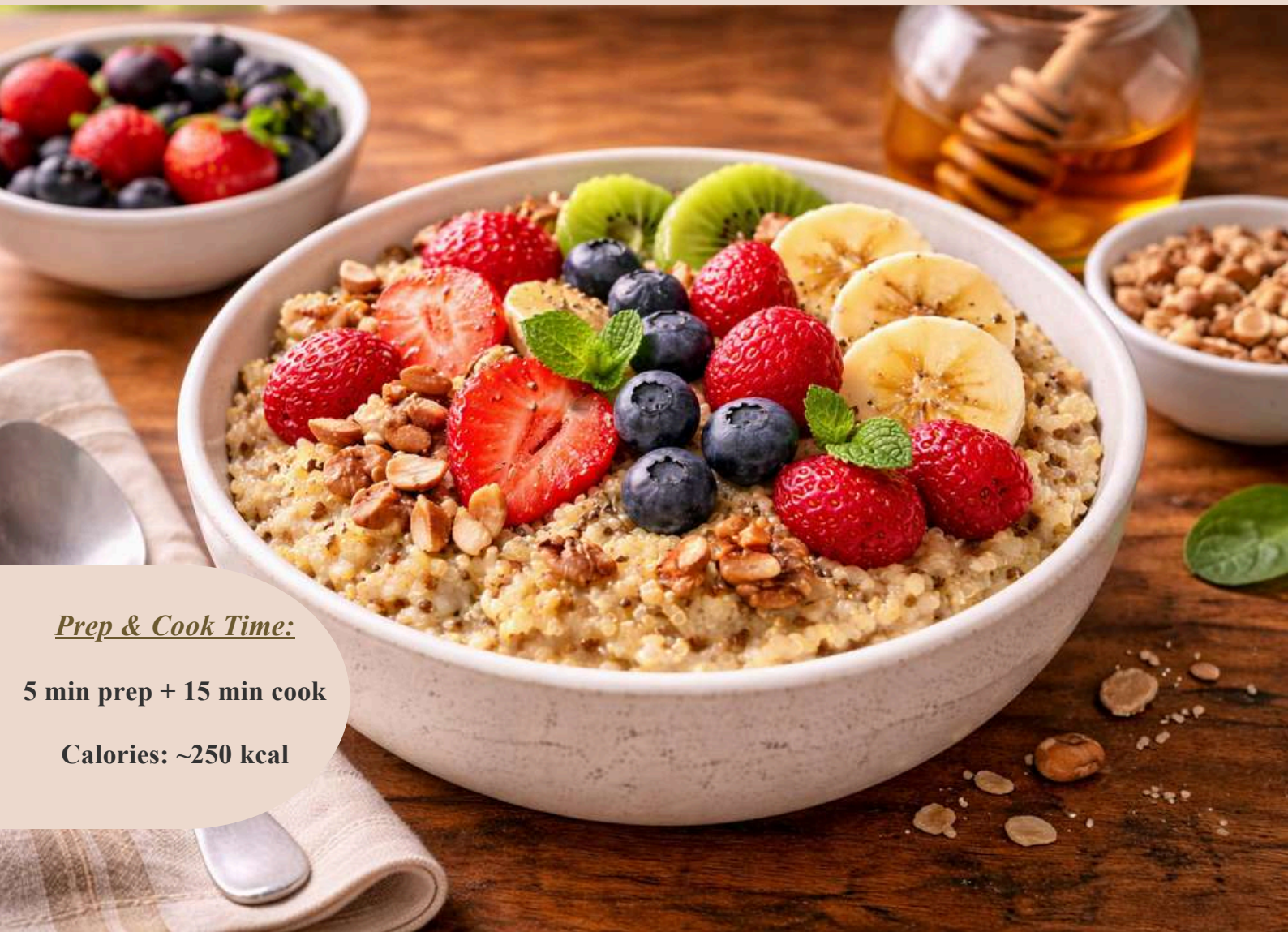
Instructions:

1. Toast the bread slice.
2. Mash avocado with a fork, season with salt and pepper.
3. Spread avocado on toast.
4. Slice boiled eggs and place on top. Sprinkle chili flakes if desired.

Tips:

Add a squeeze of lemon juice for brightness or swap eggs for smoked salmon for variety.

Quinoa Breakfast Bowl with Fruit



Prep & Cook Time:

5 min prep + 15 min cook

Calories: ~250 kcal

Ingredients:

- 1/2 cup cooked quinoa
- 1/4 cup diced mango or berries
- 1 tbsp chopped nuts
- 1 tsp maple syrup or honey
- 1/4 tsp cinnamon

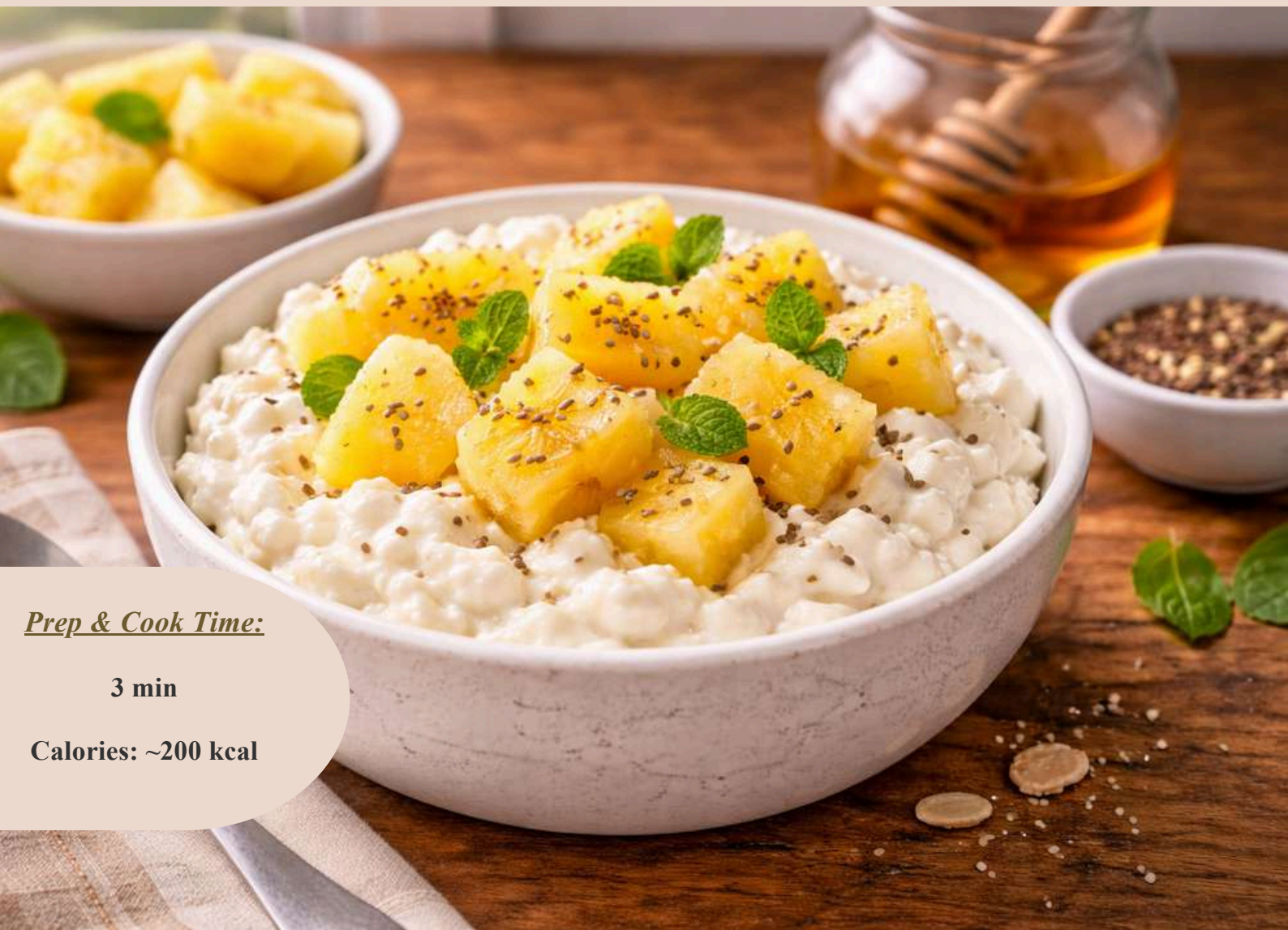
Instructions:

1. Cook quinoa according to package instructions.
2. Place warm quinoa in a bowl and top with fruit, nuts, and cinnamon.
3. Drizzle with honey or maple syrup and serve.

Tips:

Make quinoa in advance for a grab-and-go breakfast or add Greek yogurt for creaminess.

Cottage Cheese & Pineapple



Prep & Cook Time:

3 min

Calories: ~200 kcal

Ingredients:

- **1 cup low-fat cottage cheese**
- **1/2 cup pineapple chunks
(fresh or canned in juice)**
- **1 tsp chia seeds (optional)**

Instructions:

- 1. Place cottage cheese in a bowl.**
- 2. Top with pineapple chunks and
sprinkle chia seeds.**
- 3. Enjoy immediately.**

Tips:

**Add a few mint leaves for freshness or swap pineapple for peaches or
berries.**

Chia Pudding with Berries



Prep & Cook Time:

5 min prep + 2 hrs chill

Calories: ~220 kcal

Ingredients:

- **3 tbsp chia seeds**
- **1 cup almond or oat milk**
- **1/2 tsp vanilla extract**
- **1/2 cup mixed berries**
- **1 tsp maple syrup (optional)**

Instructions:

- 1. In a bowl, whisk chia seeds, milk, vanilla, and maple syrup.**
- 2. Refrigerate for at least 2 hours or overnight until pudding thickens.**
- 3. Top with berries before serving.**

Tips:

Layer with granola for crunch or blend berries into the pudding for a purple twist.

Tofu Scramble + Veggies



Prep & Cook Time:

10 min prep + 10 min cook

Calories: ~250 kcal

Ingredients:

- **1/2 block firm tofu, crumbled (~200g)**
- **1/4 cup bell peppers, diced**
- **1/4 cup spinach, chopped**
- **1 tsp olive oil**
- **1/2 tsp turmeric**
- **Salt & pepper to taste**

Instructions:

- 1. Heat olive oil in a pan over medium heat.**
- 2. Sauté bell peppers for 2–3 minutes.**
- 3. Add crumbled tofu and turmeric; cook for 5 minutes, stirring occasionally.**
- 4. Add spinach and cook until wilted. Season with salt and pepper. Serve hot.**

Tips:

Add nutritional yeast for a cheesy flavor or swap veggies with mushrooms and zucchini.

Protein Pancake + Peanut Butter



Prep & Cook Time:

5 min prep + 10 min cook

Calories: ~300 kcal

Ingredients:

- **1/2 cup rolled oats**
- **1/2 scoop protein powder**
- **1/2 banana, mashed**
- **1/4 cup almond milk**
- **1 tsp baking powder**
- **1 tbsp peanut butter**

Instructions:

- 1. Blend oats, protein powder, banana, milk, and baking powder into a smooth batter.**
- 2. Heat a non-stick pan over medium heat.**
- 3. Pour batter to form small pancakes; cook 2–3 minutes per side.**
- 4. Stack pancakes and top with peanut butter. Serve warm.**

Tips:

Top with berries or a drizzle of honey, or swap peanut butter with almond butter.

CHAPTER IV
**LUNCH & MID-MEAL
BOOSTS**

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Grilled Chicken Salad with Vinaigrette



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~350 kcal

Ingredients:

- 150g chicken breast
- 2 cups mixed salad greens
- 1/2 cup cherry tomatoes, halved
- 1/4 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1 tsp olive oil (for grilling)

Vinaigrette:

- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/2 tsp Dijon mustard
- Salt & pepper to taste

Instructions:

1. Preheat grill or grill pan over medium heat. Brush chicken with olive oil, season with salt and pepper, and grill 5–7 minutes per side until cooked through.
2. In a bowl, combine salad greens, tomatoes, cucumber, and red onion.
3. Whisk together vinaigrette ingredients.
4. Slice grilled chicken and place on salad. Drizzle with vinaigrette.

Tips:

Swap chicken for grilled tofu for a plant-based option. Add avocado slices for creaminess.

Lentil Bowl with Roasted Veggies (High Fiber)



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~320 kcal

Ingredients:

- **1 cup cooked lentils**
- **1/2 cup broccoli florets**
- **1/2 cup bell peppers, diced**
- **1/2 cup carrots, diced**
- **1 tsp olive oil**
- **Salt, pepper, and paprika to taste**

Instructions:

- 1. Preheat oven to 200°C (400°F).**
- 2. Toss broccoli, peppers, and carrots with olive oil, salt, pepper, and paprika. Roast for 15–20 minutes.**
- 3. Place cooked lentils in a bowl and top with roasted veggies.**
- 4. Serve warm, optionally drizzle with lemon juice.**

Tips:

Add a dollop of Greek yogurt or tahini for extra creaminess.



Prep & Cook Time:

5 min prep

Calories: ~300 kcal

Turkey and Hummus Wrap

Ingredients:

- 1 whole-grain tortilla
- 75g sliced turkey breast
- 2 tbsp hummus
- 1/4 cup shredded lettuce
- 1/4 cup sliced cucumber
- 1/4 cup shredded carrots

Instructions:

1. Spread hummus evenly over the tortilla.
2. Layer turkey, lettuce, cucumber, and carrots.
3. Roll tightly, slice in half, and serve.

Tips:

Swap turkey for grilled chicken or falafel for a vegetarian option. Add avocado for healthy fats.

Tuna Quinoa Salad



Prep & Cook Time:

5 min prep + 15 min cook

(for quinoa)

Calories: ~320 kcal

Ingredients:

- **1/2 cup cooked quinoa**
- **1 can tuna in water (drained, ~100g)**
- **1/4 cup cherry tomatoes, halved**
- **1/4 cup cucumber, diced**
- **1 tbsp olive oil**
- **Juice of 1/2 lemon**
- **Salt & pepper to taste**

Instructions:

- 1. In a large bowl, combine quinoa, tuna, tomatoes, and cucumber.**
- 2. Drizzle olive oil and lemon juice, season with salt and pepper. Toss gently.**
- 3. Serve chilled or at room temperature.**

Tips:

Add capers or olives for a Mediterranean twist. Use brown rice if quinoa isn't available.

Veggie Stir-Fry with Tofu



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~350 kcal

Ingredients:

- **150g firm tofu, cubed**
- **1 cup broccoli florets**
- **1/2 cup bell peppers, sliced**
- **1/2 cup snap peas**
- **1 tsp sesame oil**
- **1 tbsp low-sodium soy sauce**
- **1 tsp grated ginger**

Instructions:

- 1. Heat sesame oil in a pan over medium-high heat.**
- 2. Add tofu cubes and cook until golden on all sides, 5–7 minutes. Remove and set aside.**
- 3. Add vegetables and stir-fry for 4–5 minutes.**
- 4. Return tofu to pan, add soy sauce and ginger, and toss to coat. Serve warm.**

Tips:

Serve with brown rice or noodles for a more filling meal. Sprinkle sesame seeds on top for crunch.

Chickpea & Avocado Salad



Prep & Cook Time:

5 min

Calories: ~300 kcal

Ingredients:

- **1 cup canned chickpeas, rinsed and drained**
- **1/2 avocado, diced**
- **1/4 cup cherry tomatoes, halved**
- **1 tbsp lemon juice**
- **Salt, pepper, and cumin to taste**

Instructions:

- 1. In a bowl, combine chickpeas, avocado, and tomatoes.**
- 2. Drizzle with lemon juice and season with salt, pepper, and cumin. Toss gently.**
- 3. Serve immediately or chilled.**

Tips:

Add chopped parsley or spinach leaves for extra greens.

Shrimp Taco Bowl



Prep & Cook Time:

10 min prep + 10 min cook

Calories: ~350 kcal

Ingredients:

- **150g shrimp, peeled & deveined**
- **1/2 cup cooked brown rice**
- **1/4 cup black beans**
- **1/4 cup corn kernels**
- **1/2 tsp chili powder**
- **1 tsp olive oil**
- **Lime wedges to serve**

Instructions:

- 1. Heat olive oil in a pan and sauté shrimp with chili powder for 3–4 minutes until pink.**
- 2. In a bowl, layer rice, black beans, corn, and shrimp.**
- 3. Serve with lime wedges.**

Tips:

Add diced avocado or a dollop of Greek yogurt for creaminess.

Sweet Potato + Black Beans + Greens



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~320 kcal

Ingredients:

- **1 medium sweet potato, diced**
- **1/2 cup black beans (cooked or canned, rinsed)**
- **1 cup spinach or kale**
- **1 tsp olive oil**
- **1/2 tsp paprika**
- **Salt & pepper to taste**

Instructions:

- 1. Preheat oven to 200°C (400°F). Toss sweet potato with olive oil, paprika, salt, and pepper; roast for 20 minutes.**
- 2. In a pan, sauté greens until wilted.**
- 3. Assemble bowl with roasted sweet potato, black beans, and greens. Serve warm.**

Tips:

Sprinkle feta or goat cheese for extra flavor. Add a spoonful of salsa for zing.

Buddha Bowl with Brown Rice



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~350 kcal

Ingredients:

- **1/2 cup cooked brown rice**
- **1/2 cup roasted vegetables (broccoli, carrots, zucchini)**
- **1/4 cup chickpeas**
- **1/4 avocado, sliced**
- **1 tbsp tahini dressing**

Instructions:

- 1. Assemble brown rice as base in a bowl.**
- 2. Arrange roasted vegetables, chickpeas, and avocado on top.**
- 3. Drizzle with tahini dressing. Serve immediately.**

Tips:

Add seeds (pumpkin, sunflower) for crunch. Swap tahini with a light vinaigrette.

Lentil Soup with Whole Grain Bread



Prep & Cook Time:

10 min prep + 30 min cook

Calories: ~300 kcal

Ingredients:

- **1 cup lentils, rinsed**
- **1 carrot, diced**
- **1 celery stalk, diced**
- **1/2 onion, chopped**
- **1 clove garlic, minced**
- **4 cups vegetable broth**
- **1 tsp olive oil**
- **Salt & pepper to taste**
- **1 slice whole-grain bread**

Instructions:

- 1. Heat olive oil in a pot, sauté onion, garlic, carrot, and celery for 5 minutes.**
- 2. Add lentils and broth; bring to a boil.**
- 3. Reduce heat and simmer for 25–30 minutes until lentils are tender. Season with salt and pepper.**
- 4. Serve with toasted whole-grain bread.**

Tips:

Add a pinch of cumin or paprika for extra warmth. Blend half the soup for a creamy texture.

CHAPTER V
DINNER



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Grilled salmon + broccoli + quinoa



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~400 kcal

Ingredients:

- **150g salmon fillet**
- **1 cup broccoli florets**
- **1/2 cup cooked quinoa**
- **1 tsp olive oil**
- **Salt, pepper, and lemon juice to taste**

Instructions:

- 1. Preheat grill to medium heat. Brush salmon with olive oil, season with salt and pepper. Grill 4–5 minutes per side.**
- 2. Steam broccoli until tender, 5–6 minutes.**
- 3. Serve salmon on a plate with quinoa and broccoli. Drizzle with lemon juice.**

Tips:

Add fresh herbs like dill or parsley for flavor. Swap salmon for trout if desired.

Chicken Fajita Bowl



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~380 kcal

Ingredients:

- **150g chicken breast, sliced**
- **1/2 cup bell peppers, sliced**
- **1/4 cup onions, sliced**
- **1/2 cup cooked brown rice**
- **1 tsp olive oil**
- **1/2 tsp chili powder**
- **Salt & pepper to taste**

Instructions:

- 1. Heat olive oil in a pan over medium heat. Cook chicken with chili powder, salt, and pepper until browned, 5–7 minutes.**
- 2. Add bell peppers and onions, sauté 3–4 minutes until tender-crisp.**
- 3. Serve over brown rice. Optional: squeeze lime on top.**

Tips:

Add black beans or avocado for extra protein and creaminess.

Beef Stir Fry with Peppers



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~400 kcal

Ingredients:

- **150g lean beef strips**
- **1/2 cup bell peppers, sliced**
- **1/2 cup broccoli florets**
- **1 tsp sesame oil**
- **1 tbsp low-sodium soy sauce**
- **1 tsp grated ginger**

Instructions:

- 1. Heat sesame oil in a pan. Add beef, cook 4–5 minutes until browned.**
- 2. Add peppers and broccoli, stir-fry 4–5 minutes until vegetables are tender-crisp.**
- 3. Stir in soy sauce and ginger; cook another 1–2 minutes. Serve warm.**

Tips:

Serve over cauliflower rice for a lower-carb option. Sprinkle sesame seeds for garnish.

Baked Tofu + Roasted Root Veggies



Prep & Cook Time:

10 min prep + 30 min cook

Calories: ~350 kcal

Ingredients:

- **150g firm tofu, cubed**
- **1/2 cup carrots, diced**
- **1/2 cup sweet potatoes, diced**
- **1 tsp olive oil**
- **1/2 tsp paprika**
- **Salt & pepper to taste**

Instructions:

- 1. Preheat oven to 200°C (400°F).**
- 2. Toss tofu cubes and vegetables with olive oil, paprika, salt, and pepper.**
- 3. Spread on a baking sheet and bake 25–30 minutes until tofu is golden and vegetables are tender.**
- 4. Serve warm.**

Tips:

Add a drizzle of tahini or balsamic glaze for extra flavor.

Turkey Meatballs + Zucchini Noodles



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~370 kcal

Ingredients:

- **150g ground turkey**
- **1/4 cup breadcrumbs (optional)**
- **1 egg**
- **1/2 tsp garlic powder**
- **1 medium zucchini, spiralized**
- **1 tsp olive oil**
- **Salt & pepper to taste**

Instructions:

- 1. Preheat oven to 180°C (350°F). Mix turkey, breadcrumbs, egg, garlic powder, salt, and pepper. Form small meatballs.**
- 2. Bake meatballs 20 minutes until cooked through.**
- 3. Heat olive oil in a pan, sauté zucchini noodles 2–3 minutes.**
- 4. Serve meatballs over zucchini noodles.**

Tips:

Add tomato sauce for flavor or sprinkle parmesan for extra richness.

Stuffed Bell Peppers



Prep & Cook Time:

10 min prep + 25 min cook

Calories: ~320 kcal

Ingredients:

- **2 large bell peppers, halved & seeded**
- **1/2 cup cooked quinoa**
- **1/4 cup black beans**
- **1/4 cup corn**
- **1 tsp olive oil**
- **1/2 tsp cumin**
- **Salt & pepper to taste**

Instructions:

- 1. Preheat oven to 190°C (375°F).**
- 2. Mix quinoa, beans, corn, olive oil, cumin, salt, and pepper.**
- 3. Stuff bell pepper halves with mixture and place in baking dish.**
- 4. Bake 20–25 minutes until peppers are tender.**

Tips:

Sprinkle shredded cheese on top before baking for extra flavor.

Eggplant Parmesan (Light Version)



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~280 kcal

Ingredients:

- **1 medium eggplant, sliced 1 cm thick**
- **1/2 cup marinara sauce**
- **2 tbsp grated parmesan**
- **1 tsp olive oil**
- **Salt & pepper to taste**

Instructions:

- 1. Preheat oven to 200°C (400°F). Brush eggplant slices with olive oil, season with salt and pepper.**
- 2. Bake 15 minutes until tender.**
- 3. Top with marinara sauce and parmesan, bake another 5 minutes until cheese melts.**

Tips:

Serve with a side of mixed greens or whole-grain pasta for a fuller meal.

Baked Cod + Asparagus



Prep & Cook Time:

5 min prep + 15 min cook

Calories: ~350 kcal

Ingredients:

- **150g cod fillet**
- **1 cup asparagus spears**
- **1 tsp olive oil**
- **Lemon juice, salt & pepper to taste**

Instructions:

- 1. Preheat oven to 200°C (400°F).**
- 2. Toss asparagus with olive oil, salt, and pepper. Place cod on baking tray.**
- 3. Bake 12–15 minutes until cod is flaky and asparagus tender.**
- 4. Squeeze lemon juice over cod before serving.**

Tips:

Garnish with fresh parsley or dill. Serve with quinoa or brown rice if desired.

Pork Tenderloin + Brussels Sprouts



Prep & Cook Time:

10 min prep + 25 min cook

Calories: ~400 kcal

Ingredients:

- **150g pork tenderloin**
- **1 cup Brussels sprouts, halved**
- **1 tsp olive oil**
- **Salt, pepper, and rosemary to taste**

Instructions:

- 1. Preheat oven to 200°C (400°F). Toss Brussels sprouts with olive oil, salt, and pepper.**
- 2. Season pork with salt, pepper, and rosemary. Place on baking tray with Brussels sprouts.**
- 3. Roast 20–25 minutes until pork reaches 63°C (145°F) and sprouts are tender. Slice and serve.**

Tips:

Add a drizzle of balsamic glaze on Brussels sprouts for extra flavor.

Veggie Curry with Brown Rice



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~360 kcal

Ingredients:

- **1 cup mixed vegetables (carrots, peas, bell peppers)**
- **1/2 cup coconut milk**
- **1/2 cup cooked brown rice**
- **1 tsp curry powder**
- **1 tsp olive oil**
- **Salt & pepper to taste**

Instructions:

- 1. Heat olive oil in a pan. Sauté vegetables 5–6 minutes.**
- 2. Add coconut milk, curry powder, salt, and pepper; simmer 10 minutes until vegetables are tender.**
- 3. Serve over brown rice.**

Tips:

Garnish with cilantro or add chickpeas for extra protein.

CHAPTER VI
*HEALTHY SNACKS &
OPTIONAL ADD-ONS*



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Apple Slices + Almond Butter



Prep & Cook Time:

5 min

Calories: ~150 kcal

Ingredients:

- **1 medium apple, sliced**
- **1 tbsp almond butter**

Instructions:

- 1. Core and slice the apple.**
- 2. Spread almond butter on slices or use as a dip.**
- 3. Enjoy immediately.**

Tips:

Sprinkle a pinch of cinnamon on top for extra flavor

Hard-Boiled Eggs + Spinach



Prep & Cook Time:

5 min prep + 10 min cook

(for eggs)

Calories: ~160 kcal

Ingredients:

- **2 hard-boiled eggs**
- **1 cup fresh spinach**

Instructions:

- 1. Peel boiled eggs and slice if desired.**
- 2. Serve alongside fresh spinach leaves.**

Tips:

Add a pinch of paprika or black pepper for flavor.

Cottage Cheese + Grapes



Prep & Cook Time:

3 min

Calories: ~150 kcal

Ingredients:

- 1/2 cup cottage cheese
- 1/2 cup grapes, halved

Instructions:

1. Spoon cottage cheese into a bowl.
2. Top with grapes and serve.

Tips:

Add a few chopped nuts for crunch.

Carrot Sticks + Hummus



Prep & Cook Time:

5 min

Calories: ~130 kcal

Ingredients:

- 1 cup carrot sticks
- 3 tbsp hummus

Instructions:

1. Peel and cut carrots into sticks.
2. Serve with hummus on the side.

Tips:

Swap carrots for cucumber or bell pepper strips.

Handful Mixed Nuts



Calories: ~180 kcal

Ingredients:

- 30g mixed nuts (almonds, walnuts, cashews)

Instructions:

1. Portion a small handful of nuts.
2. Enjoy as is.

Tips:

Swap carrots for cucumber or bell pepper strips.

Protein Shake



Prep & Cook Time:

5 min

Calories: ~250 kcal

Ingredients:

- 1 scoop protein powder
- 1 cup unsweetened almond milk
- 1/2 banana
- 1 tsp peanut butter (optional)

Instructions:

1. Blend all ingredients until smooth.
2. Pour into a glass and serve immediately.

Tips:

Add a handful of spinach or chia seeds for extra nutrients.

Edamame



Prep & Cook Time:

5 min prep + 5 min cook

Calories: ~180 kcal

Ingredients:

- 1 cup edamame (in pods)
- Pinch of salt

Instructions:

1. Steam edamame for 5 minutes.
2. Sprinkle with salt and serve warm.

Tips:

Squeeze lime juice over edamame for a fresh twist.

Fruit Salad



Prep & Cook Time:

5 min

Calories: ~120 kcal

Ingredients:

- 1/2 cup strawberries, sliced
- 1/2 cup blueberries
- 1/2 cup pineapple chunks
- 1 tsp lemon juice

Instructions:

1. Combine all fruits in a bowl.
2. Drizzle with lemon juice and toss gently.
3. Serve immediately.

Tips:

Add mint leaves or a sprinkle of chia seeds for extra flavor and nutrients.

Greek Yogurt + Honey



Prep & Cook Time:

3 min

Calories: ~120 kcal

Ingredients:

- **1/2 cup Greek yogurt**
- **1 tsp honey**

Instructions:

- 1. Spoon Greek yogurt into a bowl.**
- 2. Drizzle with honey and enjoy.**

Tips:

Top with berries or granola for added texture and flavor.

Rice Cakes + Avocado



Prep & Cook Time:

5 min

Calories: ~160 kcal

Ingredients:

- 2 rice cakes
- 1/2 avocado, mashed
- Salt & pepper to taste

Instructions:

1. Spread mashed avocado evenly over rice cakes.
2. Season with salt and pepper.
3. Serve immediately.

Tips:

Add tomato slices or a sprinkle of chili flakes for extra flavor.

CHAPTER VII
OMAD MEAL IDEAS
(1 BIG MEAL)

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*Big Buddha Bowl: Quinoa + Tofu + Kale +
Avocado + Seeds*



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~550 kcal

Ingredients:

- **1/2 cup cooked quinoa**
- **150g firm tofu, cubed and baked**
- **1 cup kale, lightly sautéed or massaged**
- **1/2 avocado, sliced**
- **1 tbsp pumpkin or sunflower seeds**
- **1 tsp olive oil**
- **Salt & pepper to taste**

Instructions:

- 1. Bake tofu at 200°C (400°F) for 20 minutes until golden.**
- 2. Sauté kale lightly with olive oil and season with salt.**
- 3. Assemble quinoa, tofu, kale, and avocado in a large bowl.**
- 4. Sprinkle seeds on top and serve.**

Tips:

Add a drizzle of tahini or lemon dressing for extra flavor.

Giant Grilled Salmon Plate + Roasted Veggies



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~600 kcal

Ingredients:

- **200g salmon fillet**
- **1 cup mixed vegetables (broccoli, carrots, bell peppers)**
- **1 tsp olive oil**
- **Lemon wedges, salt, and pepper**

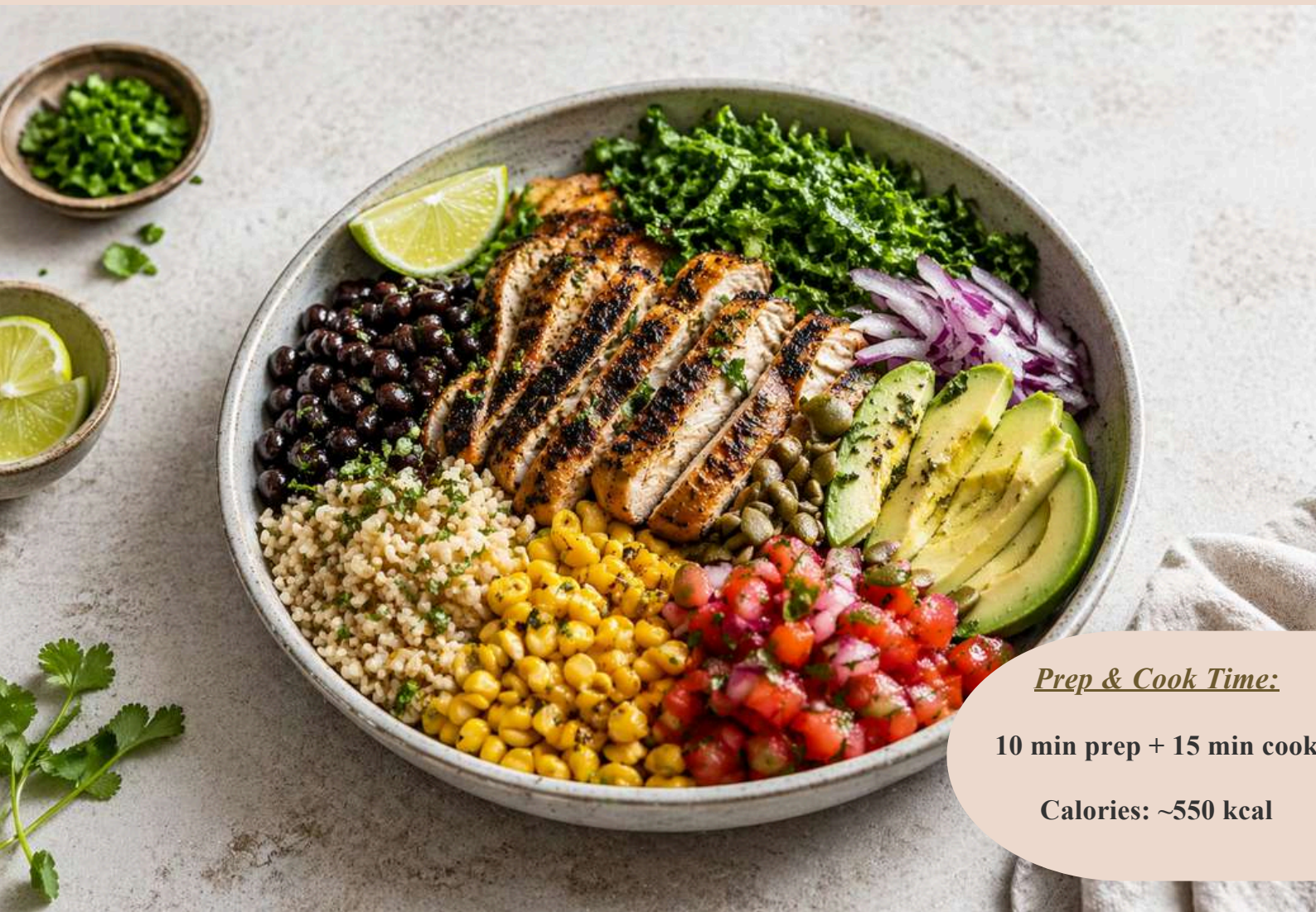
Instructions:

- 1. Preheat grill to medium. Season salmon with salt, pepper, and a drizzle of olive oil; grill 5–6 minutes per side.**
- 2. Roast vegetables at 200°C (400°F) for 20 minutes.**
- 3. Serve salmon alongside vegetables, squeeze lemon on top.**

Tips:

Serve with a small portion of quinoa or brown rice for extra carbs if needed.

Protein Burrito Bowl + Beans + Greens



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~550 kcal

Ingredients:

- 100g grilled chicken or turkey
- 1/2 cup cooked brown rice
- 1/4 cup black beans
- 1/2 cup chopped mixed greens
- 1/4 avocado, diced
- Salsa and lime juice to taste

Instructions:

1. Layer brown rice in a bowl, top with beans, greens, chicken, and avocado.
2. Add salsa and a squeeze of lime. Serve immediately.

Tips:

Swap chicken with tofu for a vegetarian option.

Large Grilled Chicken Platter + Quinoa & Veggies



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~600 kcal

Ingredients:

- **200g chicken breast**
- **1/2 cup cooked quinoa**
- **1 cup roasted or steamed vegetables**
(broccoli, zucchini, carrots)
- **1 tsp olive oil**
- **Salt & pepper to taste**

Instructions:

- 1. Grill chicken until cooked through, 6–7 minutes per side.**
- 2. Roast or steam vegetables until tender.**
- 3. Serve chicken over quinoa with vegetables on the side.**

Tips:

Add a sprinkle of seeds or drizzle of olive oil for healthy fats.

Steak + Sweet Potato + Salad



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~650 kcal

Ingredients:

- **200g lean steak (sirloin or flank)**
- **1 medium sweet potato, diced and roasted**
- **1 cup mixed greens**
- **1 tsp olive oil**
- **Salt & pepper to taste**

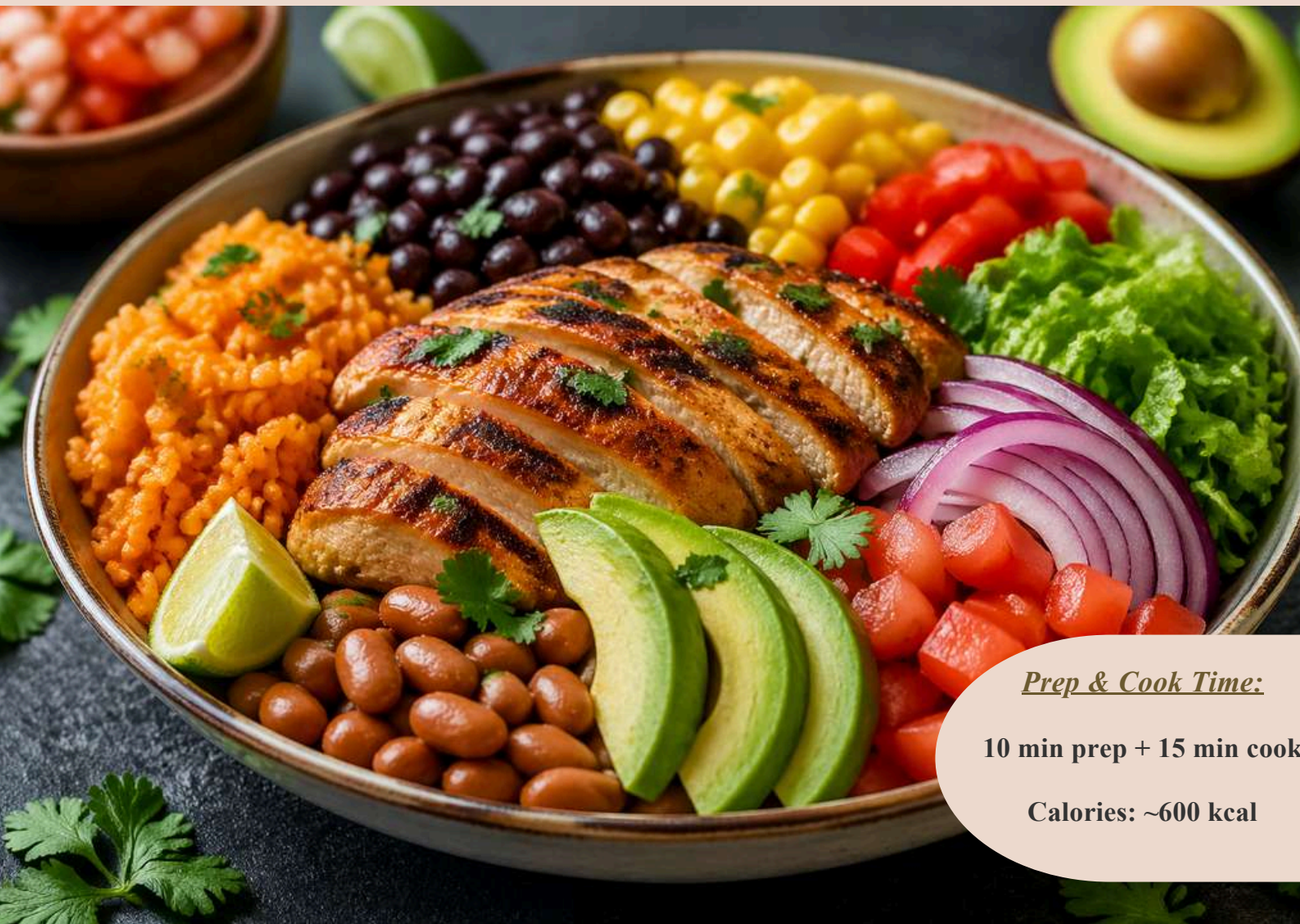
Instructions:

- 1. Grill or pan-sear steak to desired doneness.**
- 2. Roast sweet potato at 200°C (400°F) for 20 minutes with olive oil, salt, and pepper.**
- 3. Toss greens with a drizzle of olive oil and lemon juice.**
- 4. Serve steak with sweet potato and salad.**

Tips:

Add cherry tomatoes or avocado to salad for extra flavor and nutrients.

Mexican Feast Bowl: Rice, Beans, Chicken, Veg.



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~600 kcal

Ingredients:

- 100g grilled chicken
- 1/2 cup cooked brown rice
- 1/4 cup black beans
- 1/4 cup corn
- 1/2 cup bell peppers and onions, sautéed
- Salsa and lime for topping

Instructions:

1. Layer rice in a bowl. Add beans, corn, peppers, onions, and chicken.
2. Top with salsa and a squeeze of lime. Serve warm.

Tips:

Add avocado or Greek yogurt for creaminess.

Mediterranean Plate: Falafel, Hummus, Salad,
Pita



Prep & Cook Time:

10 min prep + 20 min cook

Calories: ~550 kcal

Ingredients:

- 4 baked falafel balls (~150g)
- 2 tbsp hummus
- 1 cup mixed salad greens
- 1 whole-grain pita
- Olive oil and lemon juice for dressing

Instructions:

1. Bake falafel according to package or recipe instructions.
2. Assemble plate with salad, falafel, hummus, and pita.
Drizzle salad with olive oil and lemon juice.
3. Serve immediately.

Tips:

Add roasted vegetables or olives for extra flavor.

Sushi Bowl with Rice, Salmon, Veg.



Prep & Cook Time:

5 min prep + 10 min cook
(if searing salmon)

Calories: ~550 kcal

Ingredients:

- **1/2 cup cooked sushi rice**
- **150g raw or lightly seared salmon**
- **1/4 cup cucumber, sliced**
- **1/4 cup avocado, sliced**
- **1 tsp sesame seeds**
- **Soy sauce or tamari for drizzling**

Instructions:

1. **Assemble rice in a bowl. Arrange salmon, cucumber, and avocado on top.**
2. **Sprinkle sesame seeds and drizzle soy sauce. Serve immediately.**

Tips:

Add pickled ginger or nori strips for authentic sushi flavors.

Big Lentil Stew + Whole Grain Bread



Prep & Cook Time:

10 min prep + 25 min cook

Calories: ~600 kcal

Ingredients:

- **1 cup cooked lentils**
- **1 carrot, diced**
- **1 celery stalk, diced**
- **1/2 onion, chopped**
- **1 tsp olive oil**
- **2 cups vegetable broth**
- **1 slice whole-grain bread**

Instructions:

- 1. Sauté onion, carrot, and celery in olive oil 5 minutes.**
- 2. Add lentils and broth; simmer 20 minutes. Season with salt and pepper.**
- 3. Serve with whole-grain bread.**

Tips:

Blend half the stew for creaminess or add spinach at the end.

Stir Fry Wrap + Tofu + Mixed Veg.



Prep & Cook Time:

10 min prep + 15 min cook

Calories: ~600 kcal

Ingredients:

- **150g firm tofu, cubed**
- **1 cup mixed vegetables (bell peppers, broccoli, carrots)**
- **1 whole-grain tortilla**
- **1 tsp olive oil**
- **1 tbsp low-sodium soy sauce**

Instructions:

- 1. Heat olive oil in a pan. Stir-fry tofu until golden, 5–7 minutes.**
- 2. Add vegetables and soy sauce, cook 4–5 minutes.**
- 3. Spoon mixture onto tortilla and wrap. Serve warm.**

Tips:

Add avocado slices or hot sauce for extra flavor.

How 16:8 Works

Fasting Window (16 hours)

During fasting you can drink:

- Water
- Black coffee
- Unsweetened tea
- No caloric drinks.

Eating Window (8 hours)

This is your flexible time to eat balanced meals – typically 2–3 meals or 2 meals + snack.

Healthy Eating Principles for IF

To maximize results and well-being:

Prioritize whole foods: lean proteins, vegetables, fruit, whole grains.

Include protein each meal for satiety & muscle health.

Add healthy fats (olive oil, nuts, seeds).

Fiber is key: veggies, legumes, whole grains.

Hydration is essential during fasting.



FINAL

*Thank you for taking the first step toward a
healthier lifestyle.*

*Intermittent fasting is not about perfection — it's
about consistency, balance, and making better
choices every day.*



Remember: small habits create big results.



by
gracefulfast.life