

# INTERMITTENT FASTING MEAL SCHEDULE

**9:00 am**

**Coffee 9am:** Organic black coffee mixed with healthy fats such as coconut oil, MCT oil or ghee.

2-3 cups of filtered water

**10:00 am**

**Breakfast 10am:** EAT Pur Green Smoothie along with a bowl of almonds, shredded coconut and fresh berries with almond butter drizzled on top.

2-3 cups of filtered water

**1:00 pm**

**Lunch 1pm:** Two hard boiled eggs and half an avocado with sea salt and black pepper or cayenne pepper.

2-3 cups of filtered water

**3:00 pm**

**Snack 3pm:** Organic matcha or green tea with coconut oil. Snack on a handful of walnuts.

2-3 cups of filtered water

**5:00 pm**

**Dinner 5pm:** One piece of protein (chicken, fish, meat), roasted vegetables and a large leafy green salad bowl drizzled with olive oil and herbs.

2-3 cups of filtered water

*\*If you are craving dessert, enjoy a Bliss Ball or a piece of Chocolate Fudge. Go to [www.eatpur.com](http://www.eatpur.com) for the recipes!*

*Please note that this is an example meal schedule. You can shift the 6-8 hour eating window to start earlier or later. It is best practice to stop eating at least three hours before going to bed.*