



First-Week Meal Sketch (Printable)

How to Use This Sketch

These are templates, not rules. Aim for 16:8 most days. Lead your first meal with protein. Choose grain-free options if that serves you, or keep grains whole and well-sourced.

Daily Rhythm (Example)

- Fast: 8pm–12pm
- Meal 1 (12pm): protein-forward (example ideas below)
- Meal 2 (6–7pm): balanced plate; close kitchen by 8pm
- Walk after meals when possible; lift 2–3×/week

Meal 1 Ideas (Pick One)

- Eggs + sautéed greens + avocado
- Greek yogurt or cottage cheese + berries + walnuts (if tolerated)
- Salmon salad (olive-oil mayo) in lettuce cups
- Chicken thigh + roasted veg bowl + olive oil
- Leftovers from dinner

Meal 2 Ideas (Pick One)

- Salmon + asparagus + potatoes or cauliflower mash
- Ground turkey or beef skillet with peppers/onions over greens
- Roast chicken + sheet-pan veg + olive oil drizzle
- Bean & veggie chili with avocado (add meat if desired)
- Stir-fry (lots of veg) with shrimp or chicken; coconut aminos

Swaps & Options

- Bread: choose long-fermented whole-grain sourdough, or go grain-free if preferred.
- Dessert: berries + cream/coconut cream; 85% dark chocolate square.
- Drinks: water, sparkling water, unsweet tea; taper soda with stevia options like Zevia.

Notes

- Plan 2 grocery runs this week.
- Batch-cook proteins and roasted vegetables.
- Keep ultra-processed snacks out of the house.