

BONUS

Clean and Lean

7 Day Meal Plan

 **FASTING**
For Women

ABOUT

Here's a sample 7-day paleo meal plan, tailored for weight loss, ensuring an average of 90g of protein daily. Each day is balanced with nutrient-dense foods and meals that follow paleo guidelines and support satiety and balanced energy levels. Focusing on whole foods like lean meats, vegetables, fruits, nuts, and healthy fats.

This meal plan is portioned to help keep you full and energized during your eating window while supporting weight loss with high-protein, low simple carb meals that align with intermittent fasting. Adjust portion sizes or snacks as needed based on personal energy levels and hunger.

	Eating Window 12 pm – 8 pm	Eating Window 6:30 am/ 8 am – 2pm also called eTRF
First Meal	12 pm	7 am or 8 am
Meal 2	3 pm	10:00 am
Meal 3	7 pm	1:00 pm



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First Meal:

1 cup Bone broth (14g protein) + 2 scrambled eggs with sautéed spinach and mushrooms, and 1 avocado (18g protein)

Meal 2:

Grilled chicken breast (4 oz/113g) on a bed of mixed greens with cherry tomatoes, cucumber, and olive oil dressing (30g protein)

Meal 3:

Salmon filet (5 oz/141g) with roasted Brussels sprouts and sweet potato wedges (30g protein)

Snack (Optional):

1 ounce or 24 almonds (6g protein)

First Meal:

Smoothie with 1 cup almond milk or water, 2 handful of leafy greens, 1 scoop protein powder (egg white, beef or collagen), 1 pear, avocado chunks and a handful of mixed berries (20g protein)

Meal 2:

Tuna salad (1 can of tuna) with diced celery, cucumber, and a dollop of homemade paleo mayo, served over mixed greens (22g protein)

Meal 3:

Grass-fed beef burger (5 oz/141g) with roasted squash and zucchini, topped with avocado slices (30g protein)

Snack (Optional):

2 boiled eggs (12g protein)

First Meal:

Paleo breakfast bowl with 2 poached eggs, sautéed kale, and sliced avocado (18g protein)

Meal 2:

Turkey lettuce wraps (4 oz/113g ground turkey) with shredded carrots, bell peppers, cucumber and a dash of coconut aminos (28g protein)

Meal 3:

Baked cod (5 oz/141g) with a side of cauliflower rice and steamed broccoli (30g protein)

Snack (Optional):

1 oz/28 g of pumpkin seeds (5g protein)

First Meal:

Paleo chia pudding with 1 cup almond milk or 1 cup of coconut milk yogurt, 4 tablespoons chia seeds, 1 scoop protein powder, and a handful of berries (20g protein)

Meal 2:

Grilled shrimp salad (5 oz /141g shrimp) with mixed greens, cucumber, and olive oil vinaigrette (30g protein)

Meal 3:

Roasted chicken thigh (5 oz/141g) with a side of mashed cauliflower and roasted asparagus (28g protein)

Snack (Optional):

Chamomile or Dandelion Root tea with 1 tablespoon apple cider vinegar, ½ teaspoon cinnamon, 1 scoop collagen (optional), stevia

First Meal:

Smoothie with 1 cup coconut milk, 1 scoop protein powder, 1 tbsp almond butter, and a handful of spinach (20g protein)

Meal 2:

Chicken breast (4 oz/113g) with mixed greens, cherry tomatoes, cucumber, and tahini dressing (35g protein)

Meal 3:

Grass-fed steak (4 oz/113g) with roasted sweet potato and sautéed green beans (35g protein)

Snack (Optional):

1 cup Chicken bone broth (12g protein)

First Meal:

Paleo Parfait with coconut or almond milk yogurt topped with $\frac{1}{4}$ cup grain free granola, chia seeds, and berries (7-9g protein) + 2 Sunworks sausages or 2 Beyond meat sausages (36g protein)

Meal 2:

Salmon patty (4oz/113g) over a bed of arugula, with sliced cucumber, bell pepper, and olive oil drizzle (28g protein)

Meal 3:

Turkey meatballs (5 oz/141g ground turkey) with zucchini noodles and marinara sauce (30g protein)

Snack (Optional):

1 oz/28g pumpkin seeds (5g protein)

First Meal:

Smoked salmon (2 oz) or canned fish (tuna, sardines, herring), avocado slices and kimchi (20g protein)

Meal 2:

Vegetable with protein (5oz/141g) of your choice Stirfry with sweet potato or Yuca fries (28g protein)

Meal 3:

Lamb chops or lamb shanks (5 oz/141g) with a side of roasted vegetables and a simple side salad (35g protein)

Snack (Optional):

Paleo-friendly jerky (12g protein)



YOU DID IT!