

PRESET SIX MEALPLAN



by **DAREBEE**
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2 meals a day intermittent fasting

MONDAY

MEAL 1

oats or yogurt with nuts
1 fruit of choice

MEAL 2

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

TUESDAY

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*

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

MEAL 1

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

SUNDAY

repeat any of the days
or make something special

**4+ hours
between meals**

**NO
SNACKING**

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.