



My Cinch FAST 30 Meal Planning Guide

CINCHFAST30



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Congratulations!

Welcome to our Cinch FAST 30 meal plan!

This guide has been specifically developed to help you lose fat, improve your health, promote better sleep, get stronger and recover quicker from illness and exercise. This is simply a guide and not by any way prescriptive or mandatory.

The recipes are there to help you reach your goals, and can be followed to the letter (for absolute best results) or chopped and changed with others in the plan that you perhaps prefer.

The FAST schedule is also flexible, if you have a special occasion on one of your days and need to swap your days, that is no problem also. This is a plan where you are in control. As long as you are doing a swap and not a replacement.

By the end of the 30 days, you will have all of the tools to continue your FAST journey, and we look forward to coming along beside you each step of the way!

Good luck!

Let's Get Started!!

On the Cinch FAST 30 Day Fat Loss Challenge, there are no boring, tasteless foods, there isn't any calorie counting, there are no fad foods, weird fat loss injections, potions or crazy claims.

The plan is filled with delicious recipes made from whole foods, that we have tried, tested and love.

They are easy to make, use simple, easy to source ingredients and most importantly, they taste wonderful.

The focus for the next 30 days is to develop a strategy that allows you to stay in control of what you eat and most importantly, when.

We will give you the tools that that will enable you to continue to live an IF lifestyle after the challenge is over.

Intermittent Fasting is truly the long-term solution to weight management with all the added health benefits. By doing this challenge, you'll build up a bank of simple, nutritious recipes, packed full of flavour and goodness that you'll love to eat.

You'll discover healthy meal ideas, smart snack options, you'll set goals, you'll practice self-improvement and reflection and you'll develop an exercise routine.

This will give you a strategy for long-term success. There should be nothing about this challenge that you'll want to stop when you're done, it isn't extreme and it shouldn't be too difficult. It will grant you the freedom from the diet mindset for ever and give you that important weight-loss kick.

If you are like me, you'll love it the experience and more importantly, the results.

The 30 Day Challenge is just the beginning of your journey and I can't wait to see your results!

Week 1 Meal Guide

Meal 1



Avocado & eggs

Meal 2



Veg & Lentil Soup
+ Open Sandwich

Meal 3



Chicken pasta

Snack



Fruit
+
Greek yoghurt

Day 1
14:10



Smoothie bowl



Chicken pasta



Salmon & zoodles

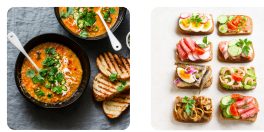


Apple & peanut butter
+
Veg & hummus

Day 2
14:10



Egg Muffins



Veg & Lentil Soup
+ Open Sandwich



Easy Chilli



Protein Balls
+
Fruit

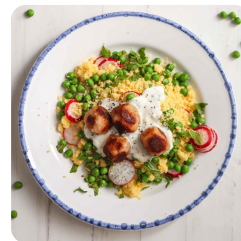
Day 3
16:8



Overnight oats



Easy Chilli



Zesty meatballs



Raw Brownies
+
Veg & hummus

Day 4
16:8



Antioxidant smoothie



Zesty Meatballs



Sweet & sour



Rice cakes
+
Protein Balls

Day 5
16:8



Blueberry pancakes



Sweet & sour



Beef/Halloumi Burger



Veg & hummus
+
Fruit & Greek yoghurt

Day 6
18:6



Scrambled eggs &
choice of sides



Chicken Traybake



Fish/chicken en papillote



Boiled egg
+
Protein Balls

Day 7
16:8

Week 2 Meal Guide

Meal 1

Day 8
18:6



Mushroom soup
+
Open sandwich

Day 9
18:6



Turkey Bolognese



Curry & rice



Mushroom soup
+
Open sandwich



Poke bowl



Sweet & sour chicken



Tortilla pizza

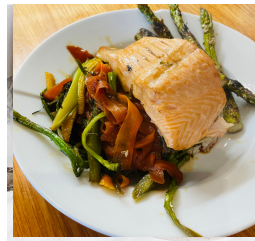
Meal 2



Turkey Bolognese



Curry & rice



Salmon en Papillote



Poke Bowl



Sweet & sour chicken



Korean Chickem



Roast chicken

Snack



Boiled egg
+
Veg & hummus



Boiled egg

+
Boiled egg



Rice cakes
+
Protein Balls



Fruit
+
Greek yoghurt



Protein Balls
+
Fruit



Protein Balls
+
Apple & peanut butter



Raw Brownies

Day 10
16:6

Day 11
18:6

Day 12
18:6

Day 13
16:6

Day 14
16:8

Week 3 Meal Guide

Meal 1

Day 15
18:6



chicken salad

Day 16
18:6



Baked potato

Day 17
19:5



Chargrilled chicken

Day 18
19:5



Tortilla wrap

Day 19
20:4



Chargrilled chicken

Day 20
20:4



Blueberry pancakes

Day 21
18:6



Scrambled eggs

Meal 2



Burger & sweet potato fries



Fajitas



Vietnamese summer rolls



Chargrilled chicken



Omelette



Chargrilled steak



Chicken Traybake

Snack



Veg & hummus



+
Fruit



Raw Brownies



Boiled egg



+
Veg & hummus



Fruit & Greek yoghurt



Veg & hummus
+
Fruit & Greek yoghurt
Nuts



Fruit
+
Greek yoghurt



Protein Balls
+
Apple & peannut butter

Week 4 Meal Guide

Meal 1



chicken salad



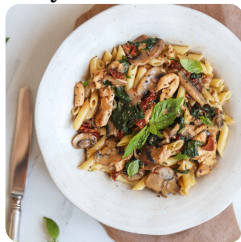
Baked potato



Avocado toast



Satay chicken & rice



Creamy chicken pasta



Blueberry pancakes



Omelette

Meal 2



Aubergine & chickpea stew



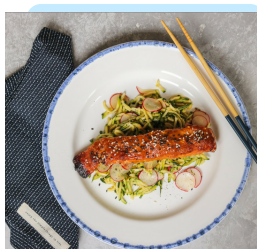
Omlette



Satay chicken & rice



Creamy chicken pasta



Miso Salmon



Tortilla Wrap



Roast chicken

Snack



Apple & peanut butter



Raw Brownies



Boiled egg
+
Veg & hummus



Greek yoghurt



Nuts



Protein Balls



Veg & hummus

Day 22
20:4

Day 23
20:4

Day 24
20:4

Day 25
20:4

Day 26
20:4

Day 27
18:6

Day 28
20:4

Final days

Meal 1



Chargrilled chicken

Meal 2



Burger & sweet potato fries

Snack



Nuts



Mexican Fried Rice



Fajitas



Rice cakes

Day 29
20:4

Day 30
20:4



Meal Guide

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