



# My Cinch FAST 30 Meal Planning Guide

CINCHFAST30





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This guide is written for adults that may benefit from intermittent fasting and eating a whole food diet, it should not be substituted for health or expert nutritional advice from a professional.

People who should NOT fast include those who are underweight or have eating disorders like anorexia, or a previous history of any eating disorder. Women who are pregnant or breastfeeding, and people under the age of 18. If you have Diabetes, a heart condition or any other health issue, you should speak to your doctor before embarking on this. If you are on medication for any illness you should also check with your doctor before taking part in this program.

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# Congratulations!

Welcome to our Cinch FAST 30 meal plan!

This guide has been specifically developed to help inspire your meal choices 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!!

Please use this meal guide as inspiration for a healthy lifestyle. Note that we are not nutritional experts, nor claim to be. This 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

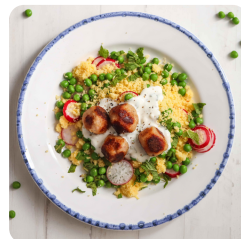
Day 3  
16:8



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

Day 10  
16:6



Mushroom soup  
+  
Open sandwich

Day 12  
18:6



Poke bowl

Day 13  
16:6



Sweet & sour chicken

Day 14  
16:8



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 & peannut butter



Raw Brownies



# 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 & peanut butter



# Week 4 Meal Guide

## Meal 1



chicken salad



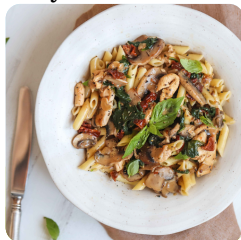
Baked potato



Avocado toast



Satay chicken & rice



Creamy chicken pasta



Blueberry pancakes



Omelette

## Meal 2



Aubergine & chickpea stew



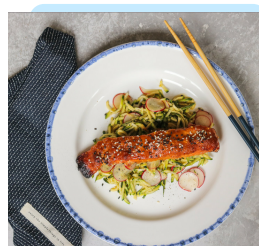
Omlette



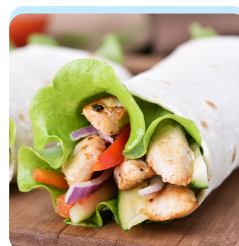
Satay chicken & rice



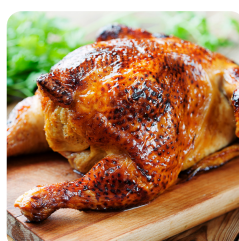
Creamy chicken pasta



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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