



Welcome to the FatWealth Meal Plans

One of the most common questions we receive is, “Which eating plan works best?” The truth is there isn't a single approach that works for everyone. Many of our most successful FatWealth members achieved remarkable weight-loss results by consistently following one of the three proven eating strategies in this guide. Whether you prefer the simplicity of Intermittent Fasting, the satisfaction of a High-Protein Meal Plan, or the balance of a Vegetarian lifestyle, the key is choosing the approach you can maintain long-term. Consistency beats perfection every time. Select the plan that best fits your lifestyle, follow it faithfully, and let your results become your proof.

Intermittent Fasting Meal Plan

The Core Rules of the Hybrid Strategy

The Fasting Window : Stick to a 16:8 intermittent fasting schedule (e.g., eating between 12:00 PM and 8:00 PM). Fasting keeps basal insulin low, giving your body time to access stored fat for energy.

Protein First: Every meal centers around high-protein, lean sources (aiming for ~30–50g+ per meal) to maximize satiety and retain lean mass.

Low Glycemic & Whole Foods: Fiber-rich greens, non-starchy vegetables, and healthy fats replace refined carbs and sugar to prevent sharp insulin spikes.

Cortisol Control: No crash-calorie restriction during eating windows. Meals are large, satisfying, and rich in potassium, magnesium, and healthy fats to manage systemic stress.

The 7-Day Meal Plan Daily Schedule:

16-Hour Fasting Window (8:00 PM – 12:00 PM): Water, plain black coffee, or unflavored green/herbal tea only.

Meal 1 (12:00 PM): Break-Fast (High Protein + Healthy Fat + Fiber)

Mid-Day Protein Fuel (3:30 PM): High-Protein Snack / Shake

Meal 2 (7:00 PM): Dinner (High Protein + Whole Food Carbs/Veg + Fats)

Day 1

Meal 1 (12:00 PM): 4 whole eggs + 1/2 cup egg whites scrambled with spinach, cooked in 1 tbsp avocado oil; served with 1/2 an avocado.

Mid-Day Fuel (3:30 PM): 1 cup 0% Greek yogurt mixed with 1 scoop scoop protein powder (whey/plant-based) and 1/2 cup wild blueberries.

Meal 2 (7:00 PM): 8 oz grilled chicken breast topped with sugar-free pesto, served alongside roasted asparagus and 1/2 cup cooked quinoa.

Day 2

Meal 1 (12:00 PM): 8 oz extra-lean ground turkey sautéed with kale, bell peppers, and garlic, topped with 1 tbsp olive oil.

Mid-Day Fuel (3:30 PM): 1.5 cups low-fat cottage cheese topped with 1 tbsp chia seeds and a handful of crushed walnuts.

Meal 2 (7:00 PM): 8 oz baked salmon fillet served over a double bed of steamed broccoli drizzled with extra virgin olive oil and lemon juice.

Day 3

Meal 1 (12:00 PM): Protein Omelet: 3 whole eggs + 3/4 cup egg whites, filled with smoked turkey breast, tomatoes, and 1 oz feta cheese.

Mid-Day Fuel (3:30 PM): High-Protein Shake: 1.5 scoops protein powder, 1 cup unsweetened almond milk, 1 tbsp almond butter, and 1 tbsp flaxseed.

Meal 2 (7:00 PM): 8 oz grilled sirloin steak served with roasted Brussels sprouts and a fresh side salad tossed in olive oil and apple cider vinegar.

Day 4

Meal 1 (12:00 PM): 8 oz pan-seared chicken thighs (skinless) cooked in butter, served with a large bowl of sautéed zucchini and bell peppers.

Mid-Day Fuel (3:30 PM): 1 cup Icelandic yogurt (Skyr) mixed with 1 tbsp ground hemp seeds and 1/3 cup raspberries.

Meal 2 (7:00 PM): 8 oz baked cod or halibut with garlic butter sauce, served with roasted cauliflower mash and sautéed green beans.

Day 5

Meal 1 (12:00 PM): Grass-Fed Beef Bowl: 8 oz lean ground beef (90/10) over a bed of mixed greens,

cucumber, and 1/2 sliced avocado.

Mid-Day Fuel (3:30 PM): 1.5 cups cottage cheese mixed with cinnamon and a small handful of sliced almonds.

Meal 2 (7:00 PM): 8 oz grilled chicken breast, 1 cup steamed broccoli, and 1 small baked sweet potato topped with 1 tbsp grass-fed butter.

Day 6

Meal 1 (12:00 PM): 3 whole eggs sunny-side up served with 6 oz sliced turkey deli breast, sautéed spinach, and 1 tbsp olive oil dressing.

Mid-Day Fuel (3:30 PM): Shake: 1.5 scoops whey/plant protein blended with water, spinach, 1/2 avocado, and ice.

Meal 2 (7:00 PM): 8 oz pan-seared shrimp cooked in garlic and olive oil, served over zucchini noodles ("zoodles") with grated parmesan cheese.

Day 7

Meal 1 (12:00 PM): Canned Tuna / Salmon Salad: 8 oz wild-caught canned salmon or tuna mixed with 2 tbsp avocado-oil mayonnaise, celery, and mustard, wrapped in large romaine lettuce leaves.

Mid-Day Fuel (3:30 PM): 1 cup 0% Greek yogurt topped with 1 tbsp pumpkin seeds (pepitas) and 1 scoop protein powder stirred in.

Meal 2 (7:00 PM): 8 oz grilled lean pork loin or chicken breast served with sautéed mushrooms, roasted asparagus, and a leafy green salad.

 Practical Execution Tips

Electrolytes During Fasting: To keep cortisol low while fasting, consume adequate hydration with sea salt, potassium, or magnesium during your morning fasting window.

Protein Target Adjustment: If your daily protein target is higher, scale up the portion size of the main meat/poultry sources (e.g., from 8 oz to 10–12 oz) without increasing refined carbs.

No Grazing: Eat your meals until you are fully satisfied, then close your eating window. Avoid constant snacking every 30 minutes inside the eating window, as each feeding event triggers insulin.

High Protein 3-Meal Plan

The 3-Meal Non-Fasting Rules

3 Meals, Zero Snacks: Eat Breakfast (8:00 AM), Lunch (1:00 PM), and Dinner (6:30 PM). No grazing in between. This gives your body 4–5 hour windows to clear insulin.

Protein Anchor: Base every meal around 8–10 oz of high-quality lean meat, poultry, seafood, or eggs to reach ~150–180g+ of protein daily.

Food Order: Eat your protein and greens first, and any whole-food carbohydrates last. This simple sequence slows gastric emptying and dramatically flattens the post-meal insulin spike.

Hydration for Cortisol: Salt your morning water lightly or drink bone broth to keep electrolytes balanced and prevent cortisol spikes.

The 7-Day High-Protein Meat-Eater Plan (3 Meals)

Day 1

Breakfast (8:00 AM): 4 whole eggs scrambled with 1/2 cup egg whites, spinach, and 4 strips of sugar-free turkey bacon; 1/2 an avocado on the side.

Lunch (1:00 PM): 8 oz sliced grilled chicken breast over a massive bed of dark leafy greens, cucumbers, extra virgin olive oil, and lemon juice.

Dinner (6:30 PM): 8 oz sirloin steak cooked in butter, served with roasted asparagus and 1/2 cup cooked quinoa.

Day 2

Breakfast (8:00 AM): 8 oz extra-lean ground turkey (93/7) cooked with bell peppers and onions, topped with salsa and 2 fried eggs.

Lunch (1:00 PM): 8 oz canned wild salmon or tuna mixed with 1.5 tbsp avocado oil mayo, wrapped in large romaine lettuce leaves, served with sliced cucumber.

Dinner (6:30 PM): 8 oz baked salmon fillet topped with pesto, served alongside a double side of steamed broccoli drizzled with olive oil.

Day 3

Breakfast (8:00 AM): High-Protein Scramble: 3 whole eggs, 3/4 cup egg whites, 4 oz diced chicken breast, and 1 oz feta cheese cooked in avocado oil.

Lunch (1:00 PM): 8 oz pan-seared pork loin chops with sautéed green beans and a handful of raw walnuts.

Dinner (6:30 PM): 8 oz extra-lean ground beef (90/10 or 93/7) bowl served over cauliflower rice, zucchini, and topped with 1/2 avocado.

Day 4

Breakfast (8:00 AM): 8 oz grilled chicken thighs (skinless), sautéed zucchini, and 2 soft-boiled eggs.

Lunch (1:00 PM): 8 oz sliced turkey breast deli meat or roast turkey served with 1.5 cups low-fat cottage cheese and a handful of pumpkin seeds.

Dinner (6:30 PM): 8 oz pan-seared cod or halibut in garlic butter, served with roasted Brussels sprouts and a side salad tossed in olive oil and apple cider vinegar.

Day 5

Breakfast (8:00 AM): 3 whole eggs sunny-side up served with 6 oz sugar-free ham or turkey sausage patties and sautéed kale in olive oil.

Lunch (1:00 PM): 8 oz grilled lean bison or beef burger patties (no bun) topped with cheddar cheese, served with a large garden salad tossed in olive oil.

Dinner (6:30 PM): 8 oz baked chicken breast, 1 cup steamed broccoli, and 1 small baked sweet potato topped with 1 tbsp grass-fed butter.

Day 6

Breakfast (8:00 AM): Steaked & Eggs: 6 oz leftover sirloin steak paired with 3 scrambled whole eggs and sautéed mushrooms.

Lunch (1:00 PM): 8 oz pan-seared chicken breast shredded over mixed greens, red cabbage, and crushed almonds with a sesame-olive oil dressing.

Dinner (6:30 PM): 8 oz garlic butter shrimp served over zucchini noodles ("zoodles") topped with parmesan cheese and roasted tomatoes.

Day 7

Breakfast (8:00 AM): 4 whole eggs omelet filled with 4 oz diced ham, onions, bell peppers, and spinach cooked in 1 tbsp avocado oil.

Lunch (1:00 PM): 8 oz grilled chicken breast paired with 1 cup 0% Greek yogurt mixed with cinnamon and a small handful of walnuts.

Dinner (6:30 PM): 8 oz grilled ribeye or lean pork tenderloin served with roasted cauliflower mash and sautéed asparagus.

💡 Execution Strategy for 3 Meals

Eliminate Liquid Calories: Keep coffee and teas unsweetened. Avoid adding creamers or sweet protein shakes between meals so that insulin drops back down cleanly.

Scale Protein: If your body weight requires higher protein (), bump each meal's meat weight from 8 oz to 10–12 oz.

Vegetarian Meal Plan

Because vegetarian diets can easily slide into being carb-heavy (think pasta, bread, and rice), the key to success is prioritizing healthy fats, high-quality proteins, and high-fiber foods that keep insulin spikes to a minimum.

1. When to Eat: The Intermittent Fasting (IF) Protocol

The fasting rules do not change for vegetarians. The goal is to give your body prolonged periods where insulin remains baseline, allowing you to tap into stored fat for energy.

Choose Your Window: Popular regimens include 16:8 (fasting for 16 hours, eating in an 8-hour window) or 24-hour fasts (eating once a day, 1–2 times a week).

Keep Fasting "Clean": During your fasting window, stick to water, sparkling water, black coffee, or plain green/black/herbal tea.

Vegetarian "Bone" Broth: While FatWealth often recommends bone broth to help get through longer fasts, vegetarians can opt for a rich mushroom or vegetable broth simmered with sea salt and herbs.

No Snacking: When you are in your eating window, eat distinct, satisfying meals. Snacking keeps insulin constantly elevated.

2. What to Eat: The Low-Insulin Vegetarian Plate

Since carbs trigger the highest insulin response, a vegetarian following FatWealth's advice must swap refined grains for healthy fats, real-food proteins, and protective fiber.



Prioritize Healthy Fats (Virtually No Insulin Impact)

Fats are your primary energy source when cutting back on carbs. They keep you full and do not trigger insulin spikes.

Avocados and Olives: Eat them whole, or use extra virgin olive oil generously on salads.

Nuts and Seeds: Macadamias, walnuts, almonds, chia seeds, and flaxseeds.

High-Fat Dairy (if ovo-lacto): Butter, ghee, heavy cream (in your coffee), and full-fat, unsweetened Greek yogurt or cheeses.

Coconut Oil: Great for cooking and sautéing.



Focus on Whole-Food Vegetarian Proteins

FatWealth advises avoiding highly processed protein shakes, powders, and bars. Stick to real, single-ingredient foods:

Eggs: If you eat them, eggs are gold standard. They are nutrient-dense, highly bioavailable, and have a minimal insulin impact.

Tofu, Tempeh, and Edamame: Excellent, minimally processed soy-based proteins.

Lentils, Beans, and Chickpeas: While they contain carbohydrates, they are packed with fiber. Eat them in moderate portions as a protein/carb source.

Avoid "Fake Meats": Steer clear of highly processed vegetarian meat alternatives, which are often loaded with refined vegetable oils, starches, and additives.



Maximize Fiber (The Insulin "Buffer")

FatWealth emphasizes that fiber acts as an anti-nutrient to sugar—it slows down digestion and blunts the insulin spike.

Fill your plate with non-starchy vegetables: leafy greens, broccoli, cauliflower, Brussels sprouts, zucchini, and asparagus.

Enjoy berries (in moderation) paired with heavy whipped cream or full-fat Greek yogurt as an occasional dessert.

3. Avoid the Common "Vegetarian Trap"

The biggest hurdle for vegetarian fasting is relying on highly processed "convenience" foods. To keep your insulin low, drastically reduce or completely eliminate:

Refined grains (white bread, pasta, white rice, flour tortillas, pastries).

Added sugars and artificial sweeteners (which can still trigger an insulin response).

Highly processed seed oils (like canola, corn, or soybean oil)—stick to olive oil, avocado oil, coconut oil, and butter/ghee.

A Quick Tip from FatWealth: Try adding a splash of raw apple cider vinegar to water or using it in your salad dressings before your main meal. Vinegar has been shown to naturally improve insulin sensitivity and reduce post-meal blood sugar spikes.

Try the Side Hustle Reality Check

You've just taken the first step toward becoming the proof. Improving your health is only half of the FatWealth journey. Once you've created a transformation others can see and trust, you may have the foundation for something much bigger than weight loss—you may have the foundation for a legitimate online business. Before investing time or money into another side hustle, take our free Side Hustle Reality Check. In less than two minutes, you'll discover which online business models best match your goals, lifestyle, and experience—and why building authority around real results may be your fastest path toward a \$10,000-per-month income.

<https://audit.fatwealth.com/tools/side-hustle-reality-check/>