



**Intermittent Fasting Program**  
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1							
	Black Beans, Sweet Potato & Egg	Black Beans, Sweet Potato & Egg	Black Beans, Sweet Potato & Egg	Roasted Chicken	Avocado Beef Stir Fry	Massaged Kale Salad with Salmon	Lemon Cilantro Cod with Peppers
Meal 2							
	Oat Crackers with Cheese & Pickles	Oat Crackers with Cheese & Pickles	Oat Crackers with Cheese & Pickles	Oat Crackers with Cheese & Pickles	Tuna Salad Plate	Tuna Salad Plate	Tuna Salad Plate
Meal 3							
	Apple	Apple	Apple	Apple	Pear	Pear	Pear
Meal 3							
	Roasted Chicken	Roasted Chicken	Roasted Chicken	Avocado Beef Stir Fry	Massaged Kale Salad with Salmon	Lemon Cilantro Cod with Peppers	Sausage, Kale & Acorn Squash Mash
Meal 3							
	Spiralized Veggie Noodles with Peanut Sauce	Spiralized Veggie Noodles with Peanut Sauce	Steamed Asparagus & Potatoes	Steamed White Rice	Roasted Sweet Potato Rounds	Coconut Rice with Beans	Sausage, Kale & Acorn Squash Mash



### Fruits

- 4 Apple
- 5 Avocado
- 1 Lemon
- 45 milliliters Lemon Juice
- 19 milliliters Lime Juice
- 3 Pear

### Breakfast

- 43 grams All Natural Peanut Butter
- 13 grams Maple Syrup

### Seeds, Nuts & Spices

- 1 gram Black Pepper
- 40 grams Hemp Seeds
- 5 grams Paprika
- 4 grams Poultry Seasoning
- 22 grams Sea Salt
- 0 Sea Salt & Black Pepper

### Vegetables

- 1/2 Acorn Squash
- 268 grams Asparagus
- 2/3 Carrot
- 12 grams Cilantro
- 3/4 Cucumber
- 3 2/3 Garlic
- 7 grams Ginger
- 189 grams Kale Leaves
- 300 grams Mini Potatoes
- 88 grams Purple Cabbage
- 1 1/8 Red Bell Pepper
- 4 Sweet Potato
- 1 Tomato
- 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 2/3 Zucchini

### Boxed & Canned

- 525 grams Black Beans
- 73 milliliters Canned Coconut Milk
- 166 grams Jasmine Rice
- 100 grams Oat Crackers
- 3 cans Tuna

### Bread, Fish, Meat & Cheese

- 170 grams Cheddar Cheese
- 2 Cod Fillet
- 113 grams Pork Sausage
- 227 grams Salmon Fillet
- 227 grams Top Sirloin Steak
- 1.8 kilograms Whole Roasting Chicken

### Condiments & Oils

- 53 milliliters Avocado Oil
- 80 grams Baby Pickles
- 19 milliliters Coconut Oil
- 74 milliliters Extra Virgin Olive Oil
- 22 milliliters Red Wine Vinegar
- 29 milliliters Sesame Oil
- 25 milliliters Tamari

### Cold

- 6 Egg
- 169 grams Unsweetened Coconut Yogurt

### Other

- 351 milliliters Water



## Black Beans, Sweet Potato & Egg

3 servings  
35 minutes

### Ingredients

- 3 Sweet Potato (medium, cubed)
- 8 milliliters Avocado Oil
- 2 grams Sea Salt (divided)
- 6 Egg (whisked)
- 387 grams Black Beans (cooked)
- 1 1/2 Avocado (sliced)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 2 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 3 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

**Make it Vegan:** Omit the eggs, or use a tofu scramble.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil.



## Oat Crackers with Cheese & Pickles

4 servings

5 minutes

### Ingredients

- 100 grams Oat Crackers
- 170 grams Cheddar Cheese (sliced)
- 80 grams Baby Pickles

### Directions

- 1 Divide all ingredients onto plates or into containers. Enjoy!

### Notes

**No Oat Crackers:** Use whole grain or seed crackers instead.

**Dairy-Free:** Omit the cheddar cheese and use hummus or a nut-based cheese instead.

**Storage:** Refrigerate in an airtight container up to 5 days.



## Apple

**1 serving**  
**2 minutes**

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### Ingredients

1 Apple

### Directions

- 1 Slice into wedges, or enjoy whole.



## Tuna Salad Plate

3 servings

5 minutes

### Ingredients

3 cans Tuna (drained, broken into chunks)  
1 1/2 Avocado (pit removed)  
169 grams Unsweetened Coconut Yogurt  
3/4 Cucumber (sliced)  
5 grams Sea Salt

### Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add pepper, paprika and/or lemon juice.

**Additional Toppings:** Top with sliced green onions, red onion or red pepper flakes.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**No Tuna:** Use sardines or salmon instead.

**No Coconut Yogurt:** Use mayonnaise or Greek yogurt instead.



Pear

**1 serving**  
**5 minutes**

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### Ingredients

1 Pear

### Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!





## Roasted Chicken

4 servings

2 hours

### Ingredients

1.8 kilograms Whole Roasting Chicken  
15 milliliters Extra Virgin Olive Oil  
6 grams Sea Salt  
1 gram Black Pepper  
4 grams Poultry Seasoning  
5 grams Paprika

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

### Notes

**Roasting Times:** If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

**Leftovers:** Meat can be kept for up to 3 days in a covered container in the fridge.

**Zero Waste:** Save the chicken carcass to make Immunity Boosting Bone Broth.

**Save Time:** Buy a pre-roasted chicken.



## Spiralized Veggie Noodles with Peanut Sauce

2 servings

15 minutes

### Ingredients

2/3 Zucchini (medium)  
2/3 Carrot (large, peeled)  
2/3 Red Bell Pepper (thinly sliced)  
89 grams Purple Cabbage (thinly sliced)  
43 grams All Natural Peanut Butter  
20 milliliters Water  
19 milliliters Lime Juice  
10 milliliters Tamari  
13 grams Maple Syrup  
2/3 Garlic (clove, minced)  
1 gram Ginger (minced)  
20 grams Hemp Seeds

### Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

### Notes

**Leftovers:** For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

**Serving Size:** One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

**Soy-Free:** Use coconut aminos instead of tamari.

**Nut-Free:** Use sunflower seed butter instead of peanut butter.

**Additional Toppings:** For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.



## Steamed Asparagus & Potatoes

2 servings  
30 minutes

### Ingredients

300 grams Mini Potatoes (halved)  
268 grams Asparagus (woody ends trimmed, chopped in half)

### Directions

- 1 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the potatoes to a plate.
- 2 Add asparagus to the steaming basket and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 3 Divide the potatoes and asparagus into bowls or containers. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to five days.

**Serving Size:** One serving is equal to approximately one cup of potatoes and one cup of asparagus.



## Avocado Beef Stir Fry

2 servings  
20 minutes

### Ingredients

29 milliliters Sesame Oil  
3 Garlic (cloves, minced)  
6 grams Ginger (peeled and grated)  
1 Yellow Onion (small, sliced)  
227 grams Top Sirloin Steak (thinly sliced)  
15 milliliters Tamari  
22 milliliters Red Wine Vinegar  
6 grams Sea Salt  
2 Avocado (peeled and cubed)

### Directions

- 1 Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
- 2 Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

### Notes

**Serve it With:** Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps.

**No Beef:** Use diced chicken breast, cooked chickpeas or tofu instead.

**More Greens:** Stir in kale or baby spinach until wilted.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.



## Steamed White Rice

2 servings  
20 minutes

### Ingredients

237 milliliters Water  
92 grams Jasmine Rice (dry, rinsed)

### Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to six days, or freeze for up to three months.

**Serving Size:** Each serving equals approximately one cup of cooked rice.

**More Flavor:** Add your choice of herbs or spices, or use broth instead of water.



## Massaged Kale Salad with Salmon

2 servings  
20 minutes

### Ingredients

126 grams Kale Leaves (chopped)  
1 Lemon (juiced)  
20 grams Hemp Seeds  
Sea Salt & Black Pepper (to taste)  
59 milliliters Extra Virgin Olive Oil (divided)  
227 grams Salmon Fillet

### Directions

- 1 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 2 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 3 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!



## Roasted Sweet Potato Rounds

2 servings

35 minutes

### Ingredients

- 1 Sweet Potato (medium, washed and scrubbed)
- 4 milliliters Coconut Oil

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

### Notes

**Serve it With :** A side dish, with guacamole, or with your favorite dressing for dipping. You can also use them as a burger bun replacement!



## Lemon Cilantro Cod with Peppers

2 servings

35 minutes

### Ingredients

45 milliliters Lemon Juice  
45 milliliters Avocado Oil (divided)  
12 grams Cilantro (finely chopped, divided)  
3 grams Sea Salt (divided)  
2 Cod Fillet  
1/2 Red Bell Pepper (sliced)  
1/2 Yellow Bell Pepper (sliced)  
1 Tomato (diced)

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

### Notes

**Fillet Size:** Each cod fillet is equal to 231 grams or 8 ounces.

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add more herbs like parsley or oregano. Serve with additional lemon wedges.

**No Lemon:** Use lime instead.

**No Cod:** Use another white fish, like haddock, instead.





## Coconut Rice with Beans

2 servings  
25 minutes

### Ingredients

- 95 milliliters Water
- 73 milliliters Canned Coconut Milk
- 74 grams Jasmine Rice (uncooked, rinsed)
- 138 grams Black Beans (cooked)

### Directions

- 1 Combine the water, coconut milk and rice in a pot and bring to a boil. Lower the heat to a simmer, cover with a lid and cook for 18 minutes.
- 2 Stir in the black beans and cook for 3 to 5 minutes, or until warmed through.
- 3 Divide onto plates and enjoy!

### Notes

**Serving Size:** One serving is equal to approximately one cup.

**Storage:** Refrigerate in an airtight container up to 5 days or freeze if longer.



## Sausage, Kale & Acorn Squash Mash

1 serving  
40 minutes

### Ingredients

1/2 Acorn Squash (large, halved, seeds removed)  
113 grams Pork Sausage  
63 grams Kale Leaves (stems removed, roughly chopped)  
15 milliliters Coconut Oil (melted)

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
- 3 Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
- 4 Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
- 5 Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
- 6 Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately one sausage, one cup of mashed acorn squash and 1 1/2 cups kale.

**More Flavor:** Add your choice of herbs or spices to the mashed acorn squash.

**Make it Vegan:** Use marinated chickpeas or tofu instead of sausage.