



# BioLounge

## **Simple Intermittent Fast** *600-700 calories*

### **Breakfast**

L-Nutra Fast Bar or ¼ cup organic raw nuts  
1 cup black coffee or tea

### **Lunch**

1 cup Amy's organic black bean soup\*  
4 Ella's Flats crackers

### **Snack**

1 cup sliced cucumbers with 1 tbsp. lemon juice and a pinch of salt

### **Dinner**

Salad with 3 cups mixed greens, 1 medium tomato diced, 1 medium carrot shredded, 4 medium black olives OR ½ avocado, 1 tbsp. raw pumpkin seeds.

Top salad with juice from one lemon and 1 tsp olive oil.  
One multivitamin

Or

2 cups Amy's organic vegetable soup\*  
2 cups raw kale with dressing: 1 tsp olive oil, ½ lemon squeezed, ½ garlic clove chopped finely and a pinch of salt.  
One multivitamin

- *Amy's organic soups are recommended for simplicity. Making your own organic and oil-free homemade soup is a wonderful option if you have time and resources to do so.*