Intermittent Fasting Plan for Women Over 50: Free 7-Day PDF

Free printable. Full guide and tips: https://betterlifecarez.com/intermittent-fasting-plan-for-women-over-50/

Your 7-Day Intermittent Fasting Plan for Women Over 50

Start with a 12-hour overnight fast and stretch to 14 hours only if you feel good. Water, black coffee and plain tea are fine during fasting hours.

Daily Eating Window Schedule

Day	Eating window	Overnight fast	Tip
Monday	7 AM to 7 PM	12 hours	Kitchen closes after dinner
Tuesday	7 AM to 7 PM	12 hours	Notice true hunger cues
Wednesday	8 AM to 7 PM	13 hours	Push breakfast back one hour
Thursday	8 AM to 7 PM	13 hours	Prep Friday lunch tonight
Friday	8 AM to 6 PM	14 hours	Earlier dinner, then herbal tea
Saturday	8 AM to 7 PM	13 hours	Flexible social day
Sunday	8 AM to 6 PM	14 hours	Review the week, plan next

Week 1 Meal Plan

Aim for a palm-sized portion of protein at every meal, with vegetables filling about half the plate.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, berries, walnuts	Turkey hummus whole-grain wrap	Salmon, broccoli, quinoa (cook extra)	Apple with peanut butter
Tuesday	Veggie egg scramble, whole-grain toast	Leftover salmon quinoa bowl	Chicken stir-fry, brown rice	Cottage cheese with pineapple
Wednesday	Overnight oats with milk, chia	Lentil soup, side salad	Turkey and bean chili	Almonds and a clementine
Thursday	Spinach feta egg muffins	Leftover turkey chili	Sheet-pan chicken, sweet potato	Greek yogurt with cinnamon
Friday	Cottage cheese, berries, flaxseed	Tuna salad on greens, crackers	Shrimp tacos, cabbage slaw	Hummus with carrot sticks
Saturday	Veggie omelet, fruit	Chickpea feta salad	Lean steak or tofu, veggies	Edamame, lightly salted
Sunday	Whole-grain pancakes, yogurt topping	Black bean veggie quesadilla	Roast chicken, potatoes, salad	Pear with cheese stick

Grocery List: Proteins

Amounts are approximate for one person. Frozen and canned options work just as well.

Item	Amount (approx.)	Used on
Eggs	1.5 dozen	Tue, Thu, Sat
Plain Greek yogurt	Two 32 oz tubs	Mon, Thu, Sun
Cottage cheese	16 oz tub	Tue, Fri
Salmon fillets	About 12 oz	Mon, Tue
Chicken breasts or thighs	About 2.5 lb	Tue, Thu, Sun
Ground turkey	1 lb	Wed, Thu
Frozen shrimp	12 oz bag	Fri
Canned tuna	2 cans	Fri
Sliced deli turkey	8 oz	Mon
Lean steak or firm tofu	About 12 oz	Sat

Grocery List: Produce

Buy the sturdy vegetables early in the week, and save the softer greens for Wednesday and Friday.

Item	Amount (approx.)	Used on
Berries, fresh or frozen	2 bags	Mon, Fri
Apples and pears	3 apples, 2 pears	Mon, Sun
Clementines	1 small bag	Wed
Pineapple chunks	1 can or cup	Tue
Broccoli	2 heads	Mon, Tue
Spinach	1 large bag	Tue, Thu
Salad greens	1 large box	Wed, Fri, Sun
Bell peppers	3	Tue, Sat
Carrots	1 bag	Fri
Cabbage slaw mix	1 bag	Fri
Sweet potatoes	2	Thu
Green beans	1 lb	Thu
Onions and garlic	2 onions, 1 bulb	All week
Small potatoes	1.5 lb	Sun

Grocery List: Grains and Pantry

Whole grains add fiber, which may help you feel full for longer.

Item	Amount (approx.)	Used on
Whole-grain wraps	1 pack	Mon
Whole-grain bread	1 loaf	Tue
Rolled oats	1 small canister	Wed
Quinoa	1 bag	Mon, Tue
Brown rice	1 bag or pouches	Tue
Canned beans and chickpeas	4 cans	Wed, Sat, Sun
Lentil soup or dry lentils	2 cans or 1 bag	Wed
Canned diced tomatoes	2 cans	Wed
Corn tortillas	1 pack	Fri, Sun
Whole-grain crackers	1 box	Fri
Whole-grain pancake mix	1 small box	Sun

Grocery List: Dairy and Extras

Fortified milk or soy milk adds calcium, a nutrient that matters more after 50.

Item	Amount (approx.)	Used on
Milk or fortified soy milk	Half gallon	Wed, coffee
Feta cheese	6 oz	Thu, Sat
String cheese sticks	1 pack	Sun
Hummus	1 tub	Mon, Fri
Peanut butter	1 jar	Mon
Walnuts and almonds	1 small bag each	Mon, Wed
Chia and ground flaxseed	1 small bag each	Wed, Fri
Frozen edamame	1 bag	Sat
Olive oil	1 bottle	All week
Cinnamon and spices	As needed	Thu, all week
Herbal tea, sparkling water	1 box, 1 pack	Fasting hours

Daily Reminders

- Drink water through the day, including during fasting hours.
- Stop and eat if you feel dizzy, shaky or faint.

- Keep fasting to 14 hours or less on this plan.
- Add a short walk or a light strength session most days.