

28-Day Vegetarian Intermittent Fasting Recipe Workbook (18:6 Method)



This workbook supports a 28-day intermittent fasting journey using the 18:6 method (18 hours fasting, 6 hours eating window). Meals focus on plant-based nutrition that supports energy, digestion, and recovery. Each day includes a smoothie or juice, a nourishing meal, and a light soup or snack with fruits, seeds, and herbs.



Day 1

Smoothie / Juice: *Green Detox Smoothie* (spinach, banana, almond milk, chia seeds)

Main Meal: *Quinoa bowl with roasted vegetables and tahini*

Soup / Light Dish: *Ginger carrot soup with pumpkin seeds*

Fruits & Seeds Snack Ideas: *Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.*

Day 2

Smoothie / Juice: *Berry Antioxidant Smoothie* (blueberries, strawberries, oat milk, flax)

Main Meal: *Lentil and avocado salad with lemon dressing*

Soup / Light Dish: *Tomato basil soup with sunflower seeds*

Fruits & Seeds Snack Ideas: *Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.*

Day 3

Smoothie / Juice: Mango Turmeric Smoothie (mango, turmeric, coconut milk, hemp seeds)

Main Meal: Chickpea cucumber quinoa salad

Soup / Light Dish: Sweet potato soup with parsley

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 4

Smoothie / Juice: Apple Cinnamon Smoothie (apple, oats, almond milk, cinnamon)

Main Meal: Vegetable stir fry with tofu and brown rice

Soup / Light Dish: Miso soup with seaweed

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 5

Smoothie / Juice: Pineapple Ginger Juice

Main Meal: Black bean and avocado bowl with lime

Soup / Light Dish: Zucchini herb soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 6

Smoothie / Juice: Banana Peanut Smoothie

Main Meal: Mediterranean chickpea salad

Soup / Light Dish: Roasted tomato soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 7

Smoothie / Juice: Kiwi Spinach Smoothie

Main Meal: Vegetable quinoa stuffed peppers

Soup / Light Dish: Carrot coriander soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 8

Smoothie / Juice: Berry Chia Smoothie

Main Meal: Sweet potato and kale Buddha bowl

Soup / Light Dish: Pumpkin soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 9

Smoothie / Juice: Papaya Lime Smoothie

Main Meal: Tofu vegetable rice bowl

Soup / Light Dish: Broccoli soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 10

Smoothie / Juice: Orange Turmeric Juice

Main Meal: Lentil vegetable stew

Soup / Light Dish: Mushroom soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 11

Smoothie / Juice: Green Energy Smoothie

Main Meal: Chickpea spinach curry with brown rice

Soup / Light Dish: Cauliflower soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 12

Smoothie / Juice: Strawberry Almond Smoothie

Main Meal: Avocado quinoa salad

Soup / Light Dish: Pea mint soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 13

Smoothie / Juice: Mango Coconut Smoothie

Main Meal: Vegetable lentil wrap

Soup / Light Dish: Tomato carrot soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 14

Smoothie / Juice: Pear Ginger Smoothie

Main Meal: Tofu noodle bowl

Soup / Light Dish: Vegetable broth with herbs

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 15

Smoothie / Juice: Blueberry Flax Smoothie

Main Meal: Roasted vegetable couscous

Soup / Light Dish: Spinach soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 16

Smoothie / Juice: Watermelon Mint Juice

Main Meal: Chickpea avocado wrap

Soup / Light Dish: Pumpkin carrot soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 17

Smoothie / Juice: Banana Cocoa Smoothie

Main Meal: Vegetable quinoa stir fry

Soup / Light Dish: Miso vegetable soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 18

Smoothie / Juice: Apple Kale Smoothie

Main Meal: Sweet potato lentil bowl

Soup / Light Dish: Broccoli ginger soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 19

Smoothie / Juice: Pineapple Spinach Smoothie

Main Meal: Tofu vegetable curry

Soup / Light Dish: Tomato basil soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 20

Smoothie / Juice: Berry Protein Smoothie

Main Meal: Quinoa chickpea salad

Soup / Light Dish: Carrot soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 21

Smoothie / Juice: Papaya Ginger Smoothie

Main Meal: Vegetable rice bowl with sesame

Soup / Light Dish: Mushroom miso soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 22

Smoothie / Juice: Green Apple Smoothie

Main Meal: Lentil vegetable stew

Soup / Light Dish: Spinach garlic soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 23

Smoothie / Juice: Orange Carrot Juice

Main Meal: Tofu quinoa Buddha bowl

Soup / Light Dish: Zucchini soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 24

Smoothie / Juice: Mango Spinach Smoothie

Main Meal: Chickpea vegetable wrap

Soup / Light Dish: Pumpkin ginger soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 25

Smoothie / Juice: Berry Almond Smoothie

Main Meal: Sweet potato quinoa bowl

Soup / Light Dish: Tomato soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 26

Smoothie / Juice: Pear Cinnamon Smoothie

Main Meal: Vegetable lentil salad

Soup / Light Dish: Broccoli soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 27

Smoothie / Juice: Pineapple Mint Juice

Main Meal: Tofu stir fry with brown rice

Soup / Light Dish: Carrot ginger soup

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.

Day 28

Smoothie / Juice: Green Detox Smoothie

Main Meal: Celebration Buddha bowl (quinoa, avocado, roasted vegetables)

Soup / Light Dish: Light vegetable broth with herbs

Fruits & Seeds Snack Ideas: Apple slices with almond butter, mixed berries, pumpkin seeds, walnuts, or dates.