

The  
**Natural Weight Loss**  
Program Dr. Alison Gottschalk, ND

**Intermittent Fasting Fall Meal Plan**

Created by Dr. Alison Gottschalk, ND



## Intermittent Fasting Fall Meal Plan

Dr. Alison Gottschalk, ND

Attached are two weeks of first meal recipes, to start off your intermittent fasting, if doing a shortened eating window (ie. 8hours).

Prior to any food, start your day off with water. Attached is a detox chia lemon water recipe.

If you have any questions, I can be reached at [alison@alisongottsnd.com](mailto:alison@alisongottsnd.com).

Happy Intermittent Fasting!

Dr. Alison Gottschalk, ND

# Intermittent Fasting Fall Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water
Breakfast	BLT Salad Bowls	BLT Salad Bowls	Chocolate Avocado Smoothie	Chocolate Avocado Smoothie	Chocolate Avocado Smoothie	Chicken, Kale & Cauliflower Bowls	Chicken, Kale & Cauliflower Bowls
Snack 1	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water
Breakfast	Smoked Salmon Avocado Yogurt Bowls	Chocolate Avocado Smoothie	Roasted Turkey Thigh with Zucchini & Avocado	Roasted Turkey Thigh with Zucchini & Avocado	Roasted Turkey Thigh with Zucchini & Avocado	Fried Eggs & Steamed Spinach	Turkey Apple Breakfast Hash

# Intermittent Fasting Fall Meal Plan

34 items

## Fruits

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- 2 Apple
- 6 Avocado
- 4 3/4 Lemon

## Breakfast

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- 1/4 cup Almond Butter

## Seeds, Nuts & Spices

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- 1 cup Chia Seeds
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper

## Vegetables

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- 4 cups Arugula
- 6 cups Baby Spinach
- 2 cups Brussels Sprouts
- 2 cups Butternut Squash
- 1 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 1 1/2 tps Fresh Dill
- 2 Garlic
- 8 cups Kale Leaves
- 1 cup Red Onion
- 3 Zucchini

## Bread, Fish, Meat & Cheese

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- 16 ozs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 4 slices Organic Bacon
- 100 grams Smoked Salmon
- 12 ozs Turkey Thigh

## Condiments & Oils

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- 1/3 cup Avocado Oil
- 1/3 cup Extra Virgin Olive Oil

## Cold

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- 4 Egg
- 1 tsp Ghee
- 1 cup Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

## Other

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- 1 cup Chocolate Protein Powder
- 28 1/16 cups Water

# Detox Chia Lemon Water

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

## Notes

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### Make it Sweet

Add maple syrup.

### Make it Spicy

Add a pinch of cayenne pepper.

## Ingredients

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**2 cups** Water

**1 tbsp** Chia Seeds

**1/4** Lemon (juiced)

# BLT Salad Bowls

7 ingredients · 15 minutes · 2 servings



## Directions

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1. Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
2. While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
3. To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

## Ingredients

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**2** Egg  
**4 slices** Organic Bacon  
**4 cups** Arugula  
**1 cup** Cherry Tomatoes (halved)  
**1/2** Avocado (sliced)  
**2 tbsps** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## Notes

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### Leftovers

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

### Vegan

Use smokey tempeh slices instead of bacon and omit the egg.

### More Carbs

Serve with toast or quinoa.

# Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

### Likes it Sweet

Add frozen banana.

### Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

## Ingredients

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- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

# Chicken, Kale & Cauliflower Bowls

7 ingredients · 45 minutes · 4 servings



## Directions

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1. Preheat oven to 375F and line a baking sheet with parchment paper.
2. Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
3. Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
4. While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
5. Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

## Notes

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### Leftovers

Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

### More Carbs

Serve with roasted sweet potato.

### No Avocado Oil

Use coconut oil instead.

## Ingredients

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- 1 head** Cauliflower (chopped into florets)
- 1/4 cup** Avocado Oil (divided)
- 16 ozs** Chicken Breast (skinless, boneless)
- 1/4 tsp** Sea Salt
- 8 cups** Kale Leaves (thinly sliced)
- 1** Lemon (juiced)
- 2** Avocado (sliced)



# Smoked Salmon Avocado Yogurt Bowls

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Divide yogurt, cucumber, salmon and avocado into bowls or containers. Top with chopped dill, avocado oil and salt. Garnish with a lemon wedge.
2. Enjoy immediately or refrigerate until ready to eat.

## Notes

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### Storage

Refrigerate in an airtight container up to three days.

### More Protein

Add cooked or roasted chickpeas.

## Ingredients

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- 1 cup** Plain Greek Yogurt
- 1/2** Cucumber (sliced)
- 100 grams** Smoked Salmon (sliced)
- 1** Avocado (sliced)
- 1 1/2 tsps** Fresh Dill (chopped)
- 2 tsps** Avocado Oil
- 1/4 tsp** Sea Salt
- 1/4** Lemon (sliced into wedges)

# Roasted Turkey Thigh with Zucchini & Avocado

5 ingredients · 40 minutes · 3 servings



## Directions

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1. Preheat your oven to 350F and line a baking sheet with parchment paper.
2. Place the turkey thigh on the baking sheet and surround with the sliced zucchini in a single layer. Drizzle with olive oil and sprinkle with sea salt. Bake for 30 minutes, or until meat is cooked through.
3. Divide between plates along with the sliced avocado. Enjoy!

## Notes

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### Leftovers

The turkey and zucchini keep well in the fridge up to three days. Add avocado just before serving.

### More Carbs

Serve with brown rice, quinoa, or roasted sweet potato.

## Ingredients

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- 12 ozs** Turkey Thigh (boneless, skinless)
- 3** Zucchini (medium, sliced)
- 3 tbsps** Extra Virgin Olive Oil
- 1/3 tsp** Sea Salt (or more to taste)
- 1 1/2** Avocado (sliced)

# Fried Eggs & Steamed Spinach

5 ingredients · 10 minutes · 1 serving



## Directions

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1. Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
2. In the same pan, cook your eggs. Season with sea salt and pepper.
3. Plate the spinach with eggs. Enjoy!

## Notes

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### No Ghee

Use butter or oil instead.

### More Flavour

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

## Ingredients

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- 2 cups** Baby Spinach
- 1 tbsp** Water
- Sea Salt & Black Pepper (to taste)
- 1 tsp** Ghee
- 2** Egg

# Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



## Directions

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1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## Notes

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### Vegan & Vegetarians

Use lentils instead of ground turkey.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

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- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsps Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)