



LIFESTYLE MENU GUIDE

(Days 31+)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 Egg 100g Spinach 1 Rice cake Supplements	1 Cup Cottage Cheese/Yoghurt 1 Cup Berries Supplements	2 Eggs 200g Mushrooms Supplements	70g Chicken 1 Egg Supplements *Breakfast muffin	1 Cup Cottage Cheese/Yoghurt 1 Cup Berries Supplements	2 Egg 100g Mushroom 100g Spinach Supplements *Omelette	1 Egg ½ Avocado 1 Rice Cake Supplements
SNACK #1	Apple	250g Rockmelon	Apple	Strawberry	Apple	1 Cup Berries	Apple
LUNCH	200g Beef 1 Large eggplant Supplements *Eggplant Boat	200g Chicken Cabbage Supplements *Stir fry	200g Prawns Broccoli Supplements *Stir fry	200g Pork 1 small Coz Lettuce Supplements *San Choy Bou	200g Chicken 300g Zucchini Supplements *Zucchini Boats	200g Lamb ½ Celery Supplements *Karafs (stew)	200g Turkey Salad (Lettuce, Tomato, Cucumber, Onion) Supplements
SNACK #2	Peach	Apple	Orange	Honeydew	Orange	Apple	Peach
DINNER	150g Salmon 200g Cauliflower Herb Frittata (optional) Supplements *Kookoo Sabzi	200g Prawns Zucchini Supplements *Zoodles	200g Chicken 1 Eggplant 2 Zucchini 300g Cauliflower Supplements *Lasagne	200g Fish Asparagus Supplements	200g Fish Bok Choy Supplements	200g Chicken Cabbage Supplements *Cabbage Rolls	200g Prawns Broccoli Supplements

*****SUPPLEMENTS ARE TAKEN AT BREAKFAST, LUNCH AND DINNER*****

PLEASE SEE YOUR MENTOR FOR INDIVIDUAL INSTRUCTION ON HOW TO TAKE YOUR SUPPLEMENTS AS PRODUCTS MAY VARY FROM COUNTRY TO COUNTRY

**LIFESTYLE PHASE MUST BE DONE FOR A MINIMUM OF 10 DAYS • AVOID EATING AFTER 8pm • DRINK 3 LITRES OF WATER EVERY DAY •
MAKE SURE TO EAT THE CORRECT AMOUNT. NOT TOO LITTLE, NOT TOO MUCH**