



TRANSFORMATION MENU GUIDE

(Days 1-30)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Slim Shot Supplements 1 Egg and Spinach	Slim Shot Supplements 130g Chicken and Mushroom	Slim Shot Supplements 1 Egg and Spinach	Slim Shot Supplements 130g Chicken and Mushroom	Slim Shot Supplements 1 Egg and Spinach	Slim Shot Supplements 130g Chicken and Mushroom	Slim Shot Supplements 1 Egg and Spinach
SNACK #1	Apple	Strawberry	Apple	Orange	Apple	Strawberry	Apple
LUNCH	130g Chicken Cauliflower Supplements *Cauli Fried Rice	130g Pork Cabbage Supplements *Cabbage Roll	130g Chicken Broccoli Supplements *Stir Fry	130g Beef Zucchini Supplements *Fettuzini Bolognese	130g Chicken Spinach Supplements *Salad	130g Lamb Cauliflower Supplements	130g Turkey Zucchini Supplements *Zucchini Boats
SNACK #2	Orange	Apple	Almonds	Strawberry	Orange	Apple	Almonds
DINNER	130g Salmon Asparagus Supplements	130g Prawns Zucchini Supplements *Zoodles	130g Fish Cauliflower Supplements	130g Prawns Bok Choy Supplements	130g Fish Broccoli Supplements *Broccoli rice	130g Chicken Cabbage Supplements *Stir Fry	130g Prawns Broccoli Supplements *Stir Fry

*****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**