Pfeifit Meal Plan 2

MON Proglefost	TUE Proglefost	WED Proglefost	THU Proglefost	FRI Proglefost	<u>SAT</u> Breakfast,	SUN Proglefost
Breakfast,	Breakfast, 40G	Breakfast,	Breakfast, 40G	Breakfast, 1 boiled	Greek	Breakfast, Greek
1 boiled Egg, Greek salad	Oatmeal	Scrambled	0atmeal	Egg, Greek	Yogurt(Sp	Salad, 2
1pt of Mango	with	Eggs, 150G	with	salad 1pt	rinkled	Boiled
or Apple Juice	Coconut	Smoked	Coconut	of Mango	with Flax	Eggs and
of Apple Juice	Water and	Salmon,	Water and	or Apple	Seed and	Protein
	Honey.	Green Tea	Honey.	Juice	Honey.	Shake
	Protein	dicen ica	Protein	juice	Protein	Snake
	shake		shake		Shake	
Snack,	Snack,	Snack,	Snack,	Snack,	Snack,	Snack,
Handful of	Handful of	Mixed	2 Boiled	1	Protein	Handful of
mixed	mixed	Salad with	Eggs or	Grapefruit	Super	mixed
unsalted nuts	unsalted	Drizzle of	Energy	and	Food	unsalted
(No Peanuts).	nuts (No	Olive Oil	Bar	Handful of	Shake	nuts (No
Protein Super	Peanuts).	and Chick	Jul	unsalted	with	Peanuts).
food Shake	Protein	Peas.		Nuts	handful	Protein
	Super food	Protein		- 1 0 1 0 2	unsalted	Super food
	Shake	Shake			nuts	Shake
Lunch,	Lunch,	Lunch,	Lunch,	Lunch,	Lunch,	Lunch,
1 Lean	1lb Mixed	1 Grilled	Mixed	Healthy	1lb Mixed	Healthy
Turkey Steak,	Sushi Pack	Chicken	Spin <mark>ach</mark>	Pita of	Sushi Pack	Pita of
1 Medium		Breast.	Salad with	choice		choice
Sweet Potato		1Med	a drizzle of	Light with		Light with
and Mixed		Plantain,	Oil	the Sauces		the Sauces
Salad		Steamed				
		Veggies				
Snack,	Snack,	Snack,	Snack,	Snack,	Snack,	Snack,
Health Shake	Steamed	Cereal or	Health	2 Boiled	Health	1 Grilled
with Low Fat	Veggies and	Cliff	Shake	Eggs or	Shake	Turkey
Milk and	and large	Related	with Low	Energy	with Low	Breast
added super	handful of	energy	Fat	Bar	Fat	with
foods	Macadamia	bar.	Milk/CBD		Milk/CBD	Steamed
	Nuts		Super food		Super food	Kale
Dinner,	Dinner,	Dinner,	Dinner,	Dinner,	Dinner,	Dinner,
Chicken Pasta	Homemade	Grilled	Filet or	Baked	Cheat	Chicken
(1 Chicken	8-10" Pizza.	Cod Fillet,	Grilled	Mackerel	MEAL,	Curry with
Breast, 3oz	You Can	Lightly	Steak,	or Salmon.	Eat	13oz
wholegrain	also order a	Steamed	Lightly	Baked in	Whatever	Brown
pasta, 4oz	Small Pizza	Kale	Steamed	Tin Foil	You Want!	Rice
Chopped	with "no"		Vegetables	with		
Broccoli and	extra			Lemon		
4oz Carrots)	cheese.			and Spices		