

Pfeifit Meal Plan 2

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