14 DAYS EGG DIET PLAN

WEEK 1

• MONDAY
BREAKFAST – 2 BOILED EGGS WITH 1 CITRUS FRUIT OF YOUR CHOICE.
LUNCH – 2 SLICES OF WHOLE WHEAT BREAD WITH 1 FRUIT OF YOUR CHOICE.
DINNER – CHICKEN AND 1 LARGE BOWL OF SALAD.

• TUESDAY
BREAKFAST – 2 BOILED EGGS WITH 1 FRUIT OF YOUR CHOICE.
LUNCH – 1 PLATE SALAD AND COOKED CHICKEN.
DINNER – 1 CITRUS FRUIT LIKE ORANGE, SALAD AND 2 BOILED EGGS.

• WEDNESDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT
LUNCH – 1 SLICE OF LOW FAT CHEESE, TOMATO SALAD WITH A SLICE OF WHOLE WHEAT BREAD.
DINNER – CHICKEN AND 1 LARGE BOWL OF SALAD.

• THURSDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT.
LUNCH – 1 FRUIT
DINNER – STEAMED CHICKEN SEASONED WITH HERBS OF YOUR CHOICE.

• FRIDAY
BREAKFAST – 2 BOILED EGGS
LUNCH – 1 BOWL FULL OF STEAMED VEGETABLES LIKE BROCCOLI, BEANS, CARROTS AND 2 BOILED EGGS.
DINNER – BARBECUE FISH AND 1 BOWL OF SALAD.

• SATURDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT.
LUNCH – 1 FRUIT
DINNER – STEAMED CHICKEN SEASONED WITH HERBS OF YOUR CHOICE AND 1 BOWL OF SALAD.

• SUNDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT.
LUNCH – TOMATO SALAD, STEAMED VEGETABLES AND CHICKEN.
DINNER – STEAMED VEGETABLES OF YOUR CHOICE.
14 DAYS EGG DIET PLAN

WEEK 2

• MONDAY
BREAKFAST – 2 BOILED EGGS.
LUNCH – 1 BOWL FULL OF SALAD AND 1 TO 2 SERVINGS OF CHICKEN.
DINNER – 1 BOWL SALAD, 1 ORANGE AND 2 BOILED EGGS.

• TUESDAY
BREAKFAST – 2 BOILED EGGS.
LUNCH – 2 BOILED EGGS AND 1 BOWL OF STEAMED VEGETABLES.
DINNER – BARBECUED FISH AND 1 BOWL SALAD.

• WEDNESDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT
LUNCH – 1 BOWL SALAD WAND COOKED CHICKEN.
DINNER – 2 BOILED EGGS, 1 LARGE BOWL OF SALAD AND AN ORANGE.

• THURSDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT.
LUNCH – 1 SLICE LOW FAT CHEESE, 2 BOILED EGGS AND STEAMED VEGETABLES.
DINNER – STEAMED CHICKEN SEASONED WITH HERBS OF YOUR CHOICE AND 1 BOWL SALAD.

• FRIDAY
BREAKFAST – 2 BOILED EGGS AND ONE FRUIT.
LUNCH – 1 BOWL FULL OF TUNA SALAD.
DINNER – 1 LARGE BOWL OF SALAD AND 2 BOILED EGGS.

• SATURDAY
BREAKFAST – 2 BOILED EGGS AND 1 FRUIT.
LUNCH – 1 TO 2 SERVINGS OF CHICKEN AND 1 BOWL OF SALAD.
DINNER – FRUITS OF YOUR CHOICE.

• SUNDAY
BREAKFAST – 2 BOILED EGGS.
LUNCH – STEAMED VEGETABLES AND CHICKEN.
DINNER – STEAMED VEGETABLES AND CHICKEN.