

# 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.