

3 or 7 Day Meal Plan

Eat from this meal plan from 3 to 7 days.

Meal Plan 2

Breakfast

Only pick 1 fruit

Grapefruit / Apple/ Watermelon

Lunch

Grill chicken / Broccoli/ Brown Rice

Snack

A fruit

Dinner

Bake fish / A green vegetable

Gallon of water