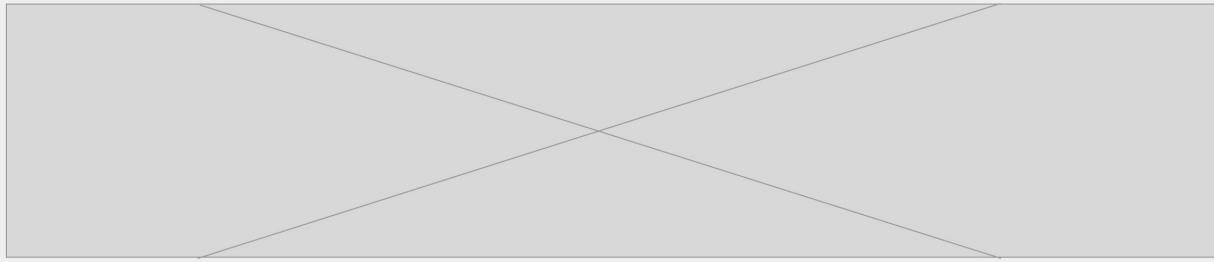


NEW &
FUN
MEALS
EVERY
WEEK

Get fitter, stronger,
healthier and more
confident. Join me and
get exclusive access to
my personal meal plans
and fitness secrets that
are changing the lives of
thousands of people
around the world.

NUTRITION PLAN



1 MONTH NUTRITION PLAN

My nutrition plan is specifically designed to be simple to follow, and to deliver deliciousness! My meal plan doesn't require any special skills to follow, and you'll get detailed descriptions of how to prepare everything. Each week I'll provide you with meals and snacks for your day. It's that easy!

[Buy Nutrition Plan](#)

NUTRITION MENU DETAILS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Daily Cal
2.150calProtein
28%Carbohydrates
51%Fiber
30gFat
21%Sodium
1.568mg**Breakfast**

- One whole-wheat English muffin with two tablespoons peanut butter
- One orange
- Large glass (12 ounces) non-fat milk
- One cup of black coffee or herbal tea

AM Snack

- Two oatmeal cookies with raisins
- Glass of water, hot tea, or black coffee

Lunch

- A turkey sandwich (six ounces of turkey breast meat, large tomato slice, green lettuce and mustard on two slices of whole wheat bread)
- One cup low-sodium vegetable soup
- Glass of water

PM Snack

- One cup (about 30) grapes
- Glass of water or herbal tea

Dinner

- Five-ounce sirloin steak
- One cup mashed potatoes
- One cup cooked spinach
- One cup green beans
- One glass beer (regular, lite or non-alcohol)
- Sparkling water with lemon or lime slice

PRODUCTS

Search

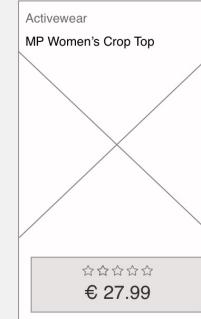
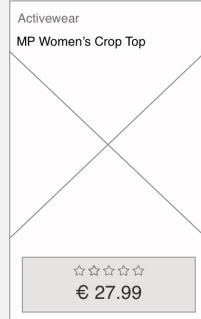
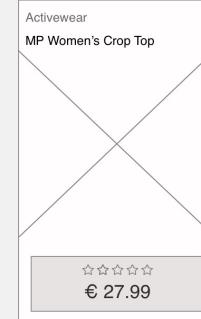
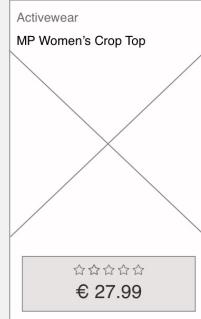
Filter

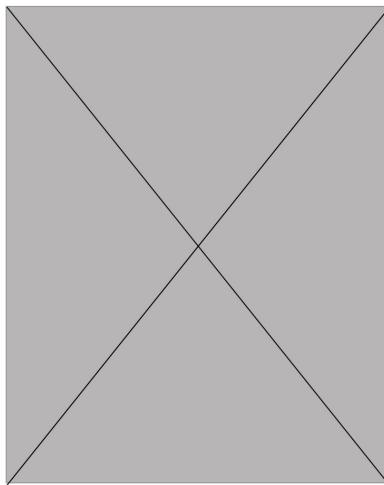
Category

- Activewear
- Gym Equipment
- Special Offers
- Nutrition Plan

All Products

Sort by...



[< BACK TO SHOPPING](#)

Activewear

MP Women's Crop Top

Defining knit technology gets you curved to combat any workout, with the Shape Seamless Crop Top keeping sweat in style, in and out of the gym. Model is 5'9" and wears size XS.
Fabric: 93% nylon 7% elastane

€ 27.99 + shipping costs

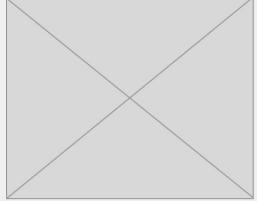
Select Size

XS S M L XL

Add Bag

Free delivery on orders over €40

Your Shoppin Bag

Product	Details	Price	Quantity	Total
	MP Women's Shape Seamless Ultra Long Sleeve Crop Top - White SKU FF5001340155 Size N/A Remove	€27.99	<input type="button" value="-"/> <input type="text" value="1"/> <input type="button" value="+"/>	€27.99

Subtotal €27.99

Delivery fee € 0.00

Grand Total €27.99

 [CONTINUE SHOPPING](#)

[CHECKOUT](#) 

Please fill out the form below to complete your order

Full name

Email

Phone Number

Street Address 1

Street Address 2

Town or City

County

Postcode

Country

Save this information to my profile

Payment

Card Number	MM/YY	CVC
-------------	-------	-----

[Complete Order](#)

[← Update Shop Bag](#)

Summary Order (2)

Item	Subtotal
 Rebook Dumbbells I 5kg	€75.00
Qty: 1	

 GYMSHARK MENS CRITICAL SHORTS	€35.00
Size: M	
Qty: 1	

Delivery: €0.00

Order Total: €105.00

 Your card will be charged €105.00

My Profile

Hi John, welcome back!

My Details

[Order History](#)[Nutrition Plan](#)[Product Management](#)[Nutrition Menu Management](#)[Plan Management](#)[Sign Out](#)

My Details

[Update Details](#)

My Profile

Hi John, welcome back!

My Details

[Order History](#)[Nutrition Plan](#)[Product Management](#)[Nutrition Menu Management](#)[Plan Management](#)[Sign Out](#)

Order History

Order Number	Date	Items	Order Total
FD6B7633C...	Sept. 30, 2020, 9:45 a.m.	1 MONTH NUTRITION PLAN	€29.90
54516E21E...	Sept. 30, 2020, 1:50 p.m.	TONE DUMBBELL I 25kg x1	€68.00

My Profile

Hi John, welcome back!

My Details

Order History

Nutrition Plan

Product Management

Nutrition Menu Management

Plan Management

[Sign Out](#)

Nutrition Plan

Order Number	Date	Items	Total
FD6B7633C...	Sept. 30, 2020, 9:45 a.m.	1 MONTH NUTRITION PLAN	€29.90

Please check here your Nutrition Plan

[SEE YOUR PLAN](#)

THANK YOU!

Please check your order information is below. A confirmation email will be sent to camilarf@gmail.com shortly.

ORDER SUMMARY

Order Number: 426C2F65521142ECA2DF2B4E5200627D

PURCHASE DATE
Oct. 23, 2020, 8:16 p.m.

ITEMS
Rebook Dumbbells I 5kg
Price: €25.00 each
Quantity: 3

TONE DUMBBELL I 25kg
Price: €68.00 each
Quantity: 1

Nike Sportswear Hybrid Jacket
Size: XS
Price: €140.00 each
Quantity: 1

DELIVERY INFORMATION
Full Name Thomas Silk
Address 1 24 Cumberland Street
County Co.Dublin
Town or City Dun Laoghaire
Postal Code A76C5V7
Country IE
Phone Number 0896785679

COST

Subtotal	283.00
Delivery	0.00
Total	283.00

[← BACK TO MY PROFILE](#)

Product Management

ADD A PRODUCT

Product name*

Description*

Category

Sku

Product sizes

Price*

Rating

Image url

Select New Image File

Cancel

Add Product

Nutrition Menu Management

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Edit MenuDaily Cal
2.150calProtein
28%Carbohydrates
51%Fiber
30gFat
21%Sodium
1.568mg

Breakfast

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Dinner

- Five-ounce sirloin steak
- One cup mashed potatoes
- One cup cooked spinach
- One cup green beans
- One glass beer (regular, lite or non-alcohol)
- Sparkling water with lemon or lime slice

Plan Management

[EDIT PLAN](#)

Plan duration*

Description*

My meal plan is designed to teach you how to eat well, choose good nutrition options, and live a healthy lifestyle.

You can choose whether you would like to follow my nutrition program exactly, or you can use it as a foundation to work from, for example, if you'd like to add meat or have certain needs. Either way, the goal is to live a healthy lifestyle in all aspects of your life.

Price*

Image url

Currently: [1-month.jpg](#) ClearChange: No file chosen

Menu Management

EDIT MENU

Plan name*

Day 1

Week*

1

Day*

1

Breakfast*

- One whole-wheat English muffin with two tablespoons peanut butter
- One orange
- Large glass (12 ounces) non-fat milk
- One cup of black coffee or herbal tea

Am snack*

- Two oatmeal cookies with raisins
- Glass of water, hot tea, or black coffee

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- A turkey sandwich (six ounces of turkey breast meat, large tomato slice, green lettuce and mustard on two slices of whole wheat bread
- One cup low-sodium vegetable soup
- Glass of water

Pm snack*

- One cup (about 30) grapes
- Glass of water or herbal tea

Dinner*

- Five-ounce sirloin steak
- One cup mashed potatoes
- One cup cooked spinach
- One cup green beans
- One glass beer (regular, lite or non-alcohol)
- Sparkling water with lemon or lime slice

Daily total cal*

2.150

Protein*

28%

Carbohydrates*

51%

Fiber*

30g

Fat*

21%

Sodium*

1.568

Image url<https://i.imgur.com/Qrxgn8t.jpg>Currently: [day-1.jpg](#) ClearChange: No file chosen

Product Management

EDIT PRODUCT

Product name*

Description*

For professional weight training at home. Weight training is one of the most effective ways to train your whole body. Our dumbbells fit in well in any gym, health, or rehabilitation facilities. For stronger and well toned muscles, weight training is ideal. This form of training has great health as well as aesthetic results. Burn body fat more effectively by training with weighted dumbbells, than with bike riding, swimming, or even jogging.

Category



Sku

Product sizes

Price*

Rating

Image url

SIGN UP E-mail address E-mail address confirmation Username Password Password (again)

SIGN IN Remember Me[Forgot Password?](#)*Don't have an account?*[Sign up now](#)

SIGN OUT

Are you sure you want to sign out?

Sign Out

Cancel