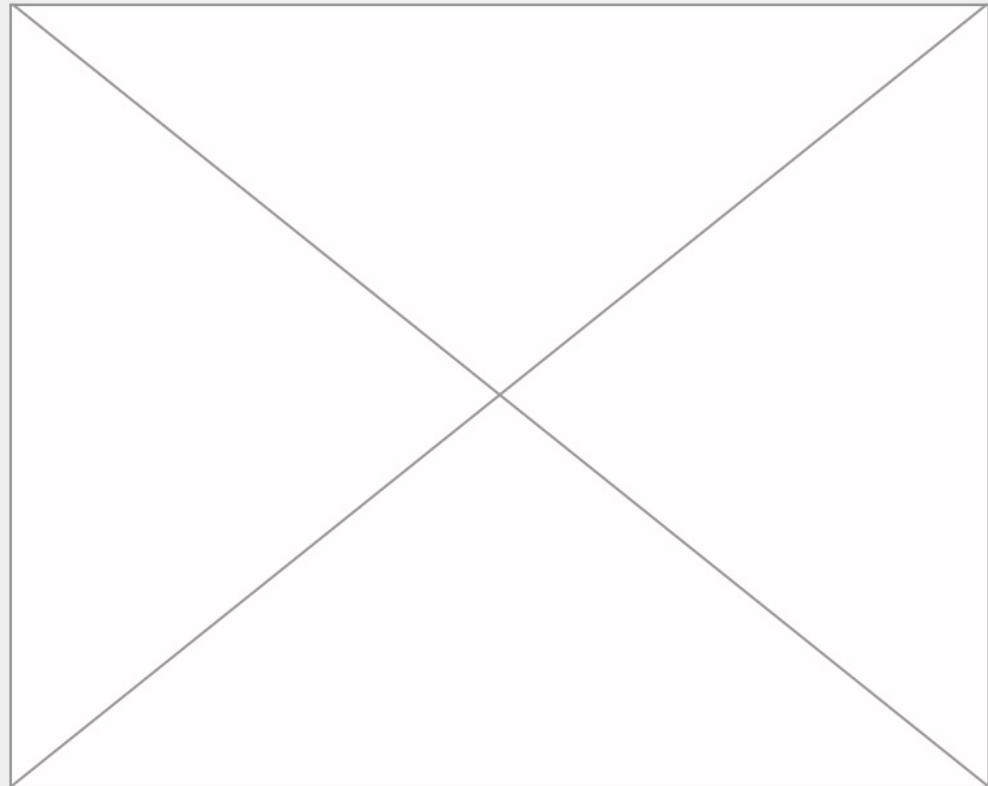




NEW &
FUN
MEALS
EVERY
WEEK

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

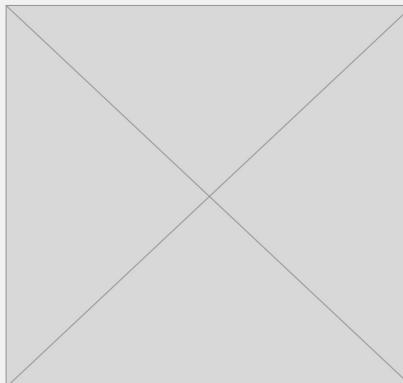
My nutrition plan is specifically designed to be simple to follow, and to deliver deliciousness! My meal plan doesn't require any special skills to follow, and you'll get detailed descriptions of how to prepare everything. Each week I'll provide you with meals and snacks for your day. It's that easy!

[Buy Nutrition Plan](#)

NUTRITION MENU DETAILS

Day 1 Day 2 Day 3 Day 4

Day 5 Day 6 Day 7



Daily Cal Protein Carbohydrates
2.150cal 28% 51%

Fiber Fat Sodium
30g 21% 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

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...

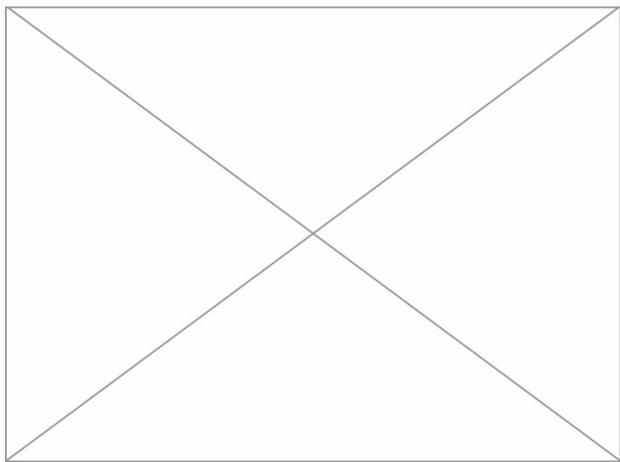
Activewear

MP Women's Crop Top



€ 27.99





Activewear

REEBOOK DUMBBELLS | 5KG



Rubber Hex Dumbbells, Rubber Coated, Silver chrome cast with black rubber casing, Noise reduction technology, High Quality & Durable, Ergonomically contoured chromed and knurled dumbbell grip, Hexagonal design prevents dumbbell from rolling, Sold In Pairs.

€50.00 + shipping

Select Size



ADD TO BAG

Free delivery on orders over €40 !

Your Shopping Bag

Product	Details	Price	Quantity	Total
	REEBOOK DUMBBELLS I 5KG SKU FF4067589	€ 50.00	<input type="button" value="-"/> <input type="text" value="1"/> <input type="button" value="+"/>	€ 50.00

[UPDATE](#)

[REMOVE](#)

Subtotal € 50.00

Shipping calculated at checkout

< CONTINUE SHOPPING

CHECKOUT 

[Check Summary Order](#)

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](#)

[Check Summary Order](#)

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

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](#)

My Profile

Hi John, welcome back!

My Details

Order History

Nutrition Plan

Default Delivery information

Phone Number

Street Address 1

Street Address 2

Town or City

County, State

Postal Code

Ireland

My Profile

Hi John, welcome back!

My Details

Order History

Nutrition Plan

Order History

Order Number	Date	Items	Order Total
FD6B7633C...	Sept. 30, 2020, 9:45 a.m.	1 MONTH NUTRITIO N 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 Profile

Order History

Nutrition Plan

Nutrition Plan

Order Number	Date	Items	Order Total
FD6B7633C...	Sept. 30, 2020, 9:45 a.m.	1 MONTH NUTRITIO N 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

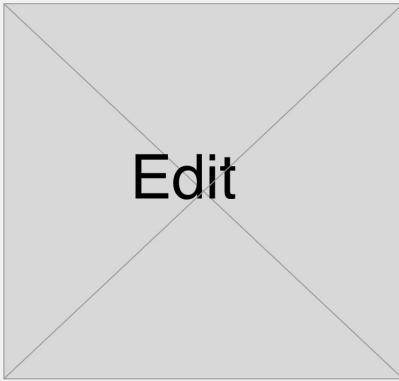
Cancel

Add Product

Nutrition Menu Management

Day 1 Day 2 Day 3 Day 4

Day 5 Day 6 Day 7

Edit

Daily Cal Protein Carbohydrates
2.150cal 28% 51%

Fiber Fat Sodium
30g 21% 1.568mg

Breakfast

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PM Snack

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- 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

Plan Management

EDIT PLAN

Plan duration*

1 Month

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*

29.90

Image url

<https://i.imgur.com/9qCiaMW.jpg>Currently: [1-month.jpg](#) ClearChange: No file chosen

Cancel

Update Plan

Body Balance

Menu Management

EDIT MENU

Plan name*

Week*

Day*

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

Daily total cal*

Protein*

Carbohydrates*

Fiber*

Fat*

Sodium*

Image url

Currently: *day-1.jpg* Clear

Change: No file chosen

copyright

Product Management

EDIT PRODUCT

Product name*

10KG Adjustable Strength Weight Dumbbells

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

Gym Equipment

Sku

ff5003050248

Product sizes

No

Price*

135.85

Rating

4.4

Image url

<https://i.imgur.com/GCnBzVF.jpg>

Select New Image File

Cancel

Add Product

SIGN UP

E-mail address

E-mail address confirmation

Username

Password

Password (again)

Sign Up

Back

SIGN IN

Username or e-mail

Password

Remember Me

Forgot Password?

Sign In

Don't have an account?

Sign up now

SIGN OUT

Are you sure you want to sign out?

Sign Out

Cancel