

BOILED EGG DIET

IS LOSING 20LBS IN
2 WEEKS SAFE?

Srong Fitness

WEEK 1	Breakfast	Lunch	Dinner
Monday	2 boiled eggs and 1 fruit	2 apples 2 pieces of sweet potato	1 large plate of salad and chicken
Tuesday	2 boiled eggs and 1 fruit	Green vegetables and chicken salad	vegetable salad, 1 orange, and 2 boiled eggs
Wednesday	2 boiled eggs and 1 fruit	low-fat cheese, 1 tomato, and 1 piece of sweet potato	salad and chicken
Thursday	2 boiled eggs and 1 fruit	Fruit	salad and steamed chicken
Friday	2 boiled eggs and 1 fruit	vegetables and 2 Boiled eggs	Salad and grilled fish
Saturday	2 boiled eggs and 1 fruit	Fruit	Chicken and steamed vegetables
Sunday	2 boiled eggs and 1 fruit	Tomato salad, steamed vegetables, and chicken	Steamed vegetables

Sample Plan Only. We're not registered dietitians. Always consult your doctor before starting anything new.