

Week 2 Lose Weight Fast Academy

7 Day Sample Meal Plan

This sample 7 day meal plan is to give you an idea of the variety of foods you should be eating on week 2; it is not the meal plan you must eat. This sample meal plan is kept very simple; however, you can make more complicated meals. Just remember to stick to the allowable foods only.

Day 1

Breakfast (7am till 8am)
Salmon with poached egg and asparagus
Snack 1 (10am till 11am)
Small portion of turkey with broccoli
Lunch (1pm till 2pm)
Sea bass with spinach and shallots
Snack 2 (4pm till 5pm)
Chicken with broccoli and Brussels sprouts
Dinner (7pm till 8pm)
Beef with sprinkle of cayenne pepper, cauliflower and green beans

Day 2

Breakfast (7am till 8am)
Turkey, mushroom and onion omelette
Snack 1 (10am till 11am)
Chicken leg with pepper sticks and asparagus
Lunch (1pm till 2pm)
Sardines with lettuce, cucumber and tomatoes
Snack 2 (4pm till 5pm)
Tuna lettuce, onions and peppers
Dinner (7pm till 8pm)
Beef steak with cabbage and cauliflower

Day 3

Breakfast (7am till 8am)
Chicken omelette and spinach
Snack 1 (10am till 11am)
Chicken leg and pepper sticks
Lunch (1pm till 2pm)
Prawns cooked in garlic with asparagus and broccoli
Snack 2 (4pm till 5pm)
Salmon with beetroot and cucumber
Dinner (7pm till 8pm)
Pork with broccoli and sprouts

Day 4

Breakfast (7am till 8am)
Tuna omelette
Snack 1 (10am till 11am)
Chicken leg with lettuce and avocado
Lunch (1pm till 2pm)
Halibut with lettuce, beetroot, spring onions and watercress
Snack 2 (4pm till 5pm)
Turkey with broccoli and cauliflower
Dinner (7pm till 8pm)
Lamb with basil tomatoes, spinach and peppers

Day 5

Breakfast (7am till 8am)
Salmon with a poached egg
Snack 1 (10am till 11am)
Small portion of crab with asparagus
Lunch (1pm till 2pm)
Beef steak with Brussels sprouts, and cauliflower
Snack 2 (4pm till 5pm)
Chicken with lettuce and tomatoes
Dinner (7pm till 8pm)
Duck with red cabbage and asparagus

Day 6

Breakfast (7am till 8am)
Ham, spinach and onion omelette
Snack 1 (10am till 11am)
Small portion of beef with asparagus
Lunch (1pm till 2pm)
Cod with spinach and cauliflower
Snack 2 (4pm till 5pm)
Mackerel with celery, cucumber and peppers
Dinner (7pm till 8pm)
Halibut with lettuce, cucumber, tomatoes and onions

Day 7

Breakfast (7am till 8am)
Salmon with asparagus, spinach, mushroom and tomatoes
Snack 1 (10am till 11am)
Small portion of mussels, broccoli
Lunch (1pm till 2pm)
Chicken with cabbage and sprouts
Snack 2 (4pm till 5pm)
Prawn stir fry with ginger cooked in water
Dinner (7pm till 8pm)
Liver with shallots, red peppers and onions in garlic