

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar	Two Boiled Eggs Two Strips of Bacon Cup of Coffee without sugar
Snack One	Two Ham and Cheese Wraps	Can of Tuna with some Mayo	Two Ham and Cheese Wraps	Can of Tuna with some Mayo	Two Ham and Cheese Wraps	Can of Tuna with some Mayo	Two Ham and Cheese Wraps
Lunch	Three Chicken Thighs With mixed Vegetables	Steak with two table spoons of A1 sauce	Three Chicken Thighs With mixed Vegetables	Steak with two table spoons of A1 sauce	Three Chicken Thighs With mixed Vegetables	Steak with two table spoons of A1 sauce	Three Chicken Thighs With mixed Vegetables
Snack Two	Can of Tuna with some Mayo	Two Ham and Cheese Wraps	Can of Tuna with some Mayo	Two Ham and Cheese Wraps	Can of Tuna with some Mayo	Two Ham and Cheese Wraps	Can of Tuna with some Mayo
Dinner	Steak with two table spoons of A1 sauce	Three Chicken Thighs With mixed Vegetables	Steak with two table spoons of A1 sauce	Three Chicken Thighs With mixed Vegetables	Steak with two table spoons of A1 sauce	Three Chicken Thighs With mixed Vegetables	Steak with two table spoons of A1 sauce
Post Dinner Snack	Isoflex Shake with Creatine and Glutamine	Isoflex Shake with Creatine and Glutamine	Isoflex Shake with Creatine and Glutamine	Isoflex Shake with Creatine and Glutamine	Isoflex Shake with Creatine and Glutamine	Isoflex Shake with Creatine and Glutamine	Isoflex Shake with Creatine and Glutamine