

Follow this menu for a **MAXIMUM** of 3 days or until you loose 700g or more.

Break Through Menu					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
1 Egg		100g White fish		100g White fish	
1/2 an Orange		1/2 cup cooked spinach		1/2 cup cooked spinach	
1 Beverage	Protein Snack	1 cup lettuce	Protein Snack	1 cup lettuce	Protein Snack
		1/2 an Orange		1/2 an Orange	
		1 Beverage		1 Beverage	
Bedtime each night: 1 Cup of warm lemon water (1/4 lemon incl. rind steeped for 3 minutes)					