

# E TU CHALLENGE MEAL PLAN B 1500 calories 120g protein

20g protein x 6 small meals = 120g protein (DAILY TARGET)

<p><b><u>BREAKFAST</u></b></p> <p><b>P+C+F</b></p>	<p><b>PROTEIN (palm size)</b></p> <p>Chicken 25g</p> <p>Beef 25g</p> <p>Fish 25g</p> <p>Pork 25g</p> <p>Fish 25g</p>
<p><b><u>SNACK</u></b></p> <p><b>P+C</b></p>	
<p><b><u>LUNCH</u></b></p> <p><b>P+C+F</b></p>	
<p><b><u>SNACK</u></b></p> <p><b>P+C</b></p>	<p><b>CARBS/FATS</b></p> <p>Lettuce Salad                      Peppers</p> <p>Cabbage                                      Onions</p> <p>Broccoli                                      Spinach/Kale</p> <p>Cauliflower                                      Green beans</p> <p>Carrots                                      Almonds/Cashews</p> <p>Mix veges                                      Olive oil</p> <p>Fruit (before lunch)                      Coconut oil</p> <p>Kumara/taro (before lunch)</p> <p>HERBALIFE FAT BURNING BEVERAGE</p>
<p><b><u>DINNER</u></b></p> <p><b>P+C+F</b></p>	
<p><b><u>SNACK</u></b></p> <p><b>P+F</b></p>	

HYDRATION 2-3 litres of water daily

One day you can have a TREAT MEAL (anything you like)