

E TU CHALLENGE MEAL PLAN D 2200 calories 210g protein

35g protein x 6 small meals = 210g protein (DAILY TARGET)

<p><u>BREAKFAST</u></p> <p>P+C+F</p>	<p>PROTEIN (palm size)</p> <p>Chicken 25g</p> <p>Beef 25g</p> <p>Fish 25g</p>
<p><u>SNACK</u></p> <p>P+C</p>	
<p><u>LUNCH</u></p> <p>P+C+F</p>	<p>Pork 25g</p> <p>Fish 25g</p> <p>Eggs 6g</p> <p>Cottage cheese 28g (cupsize)</p> <p>Herbalife Shake FULL MEAL REPLACEMENT</p>
<p><u>SNACK</u></p> <p>P+C</p>	<p>CARBS/FATS</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><u>DINNER</u></p> <p>P+C+F</p>	
<p><u>SNACK</u></p> <p>P+F</p>	

HYDRATION 2-3 litres of water daily

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