

The 28 Day Diet

DAY 1	DAY 2	DAY 3	DAY 4
Breakfast: Cereal & 2% Milk Lunch: Chicken & 1 Vegetable Supper: Soup, 1 Toast & Cheese	Breakfast: Dried fruit Lunch: Fish, Salad/Vegetables Supper: 2 Eggs, Tomato & Onion	Breakfast: Yogurt & 1 Fruit Lunch: 1 Potato & 1 Vegetable Supper: 3 Fruits	Breakfast: Cereal & 2% Milk Lunch: Pasta & Tomato&Onion Supper: 6 Provitazs, Cheese & 1 Fruit
DAY 5	DAY 6	DAY 7	DAY 8
Breakfast: Yogurt & 1 Fruit Lunch: Fish & Salad/Vegetables Supper: 1 Vegetable	Breakfast: Dried fruit Lunch: 1 Potato & 1 Vegetable Supper: Soup, 1 Toast & Marmite	Breakfast: Cereal & 2% Milk Lunch: Chicken & Salad/Vegetables Supper: 2 Eggs, Tomato & 1 Toast	Breakfast: Yogurt & 1 Fruit Lunch: Tuna Salad Supper: 3 Fruits
DAY 9	DAY 10	DAY 11	DAY 12
Breakfast: Cereal & 2% Milk Lunch: 1 Potato & 1 Vegetable Supper: 2 Eggs & 1 Toast	Breakfast: Cereal & 2% Milk Lunch: Soup, 4 Provitazs & Cheese Supper: 1 Vegetable	Breakfast: Yogurt & 1 Fruit Lunch: Fish & Salad/Vegetables Supper: 3 Fruits	Breakfast: Dried Fruit Lunch: Fruit Salad Supper: Red Meat & Vegetables
DAY 13	DAY 14	DAY 15	DAY 16
Breakfast: Cereal & 2% Milk Lunch: 1 Vegetable Supper: Pasta & Tomato&Onion	Breakfast: Dried Fruit Lunch: Chicken & Salad/Vegetables Supper: Yogurt & 2 Fruits	Breakfast: 1 Toast & Tomato Lunch: Cucumber & Carrot Supper: Soup, 1 Toast & Cheese	Breakfast: Cereal & 2% Milk Lunch: Tuna Salad Supper: Fruit Salad
DAY 17	DAY 18	DAY 19	DAY 20
Breakfast: Dried Fruit Lunch: 1 Potato & 1 Vegetable Supper: Soup, 1 Toast & Cheese	Breakfast: 1 Toast & Tomato Lunch: 2 Eggs & Mushrooms Supper: Fruit Salad	Breakfast: Cereal & 2% Milk Lunch: Chicken & Salad/Vegetables Supper: 1 Toast, Cheese & 1 Fruit	Breakfast: Dried Fruit Lunch: 2 Eggs & Mushrooms Supper: Fruit Salad
DAY 21	DAY 22	DAY 23	DAY 24
Breakfast: Yogurt & 1 Fruit Lunch: Red Meat & Vegetables Supper: 6 Provitazs, Cheese & 1 Fruit	Breakfast: Fruit Lunch: Fruit Salad & Yogurt Supper: Fruit	Breakfast: Cereal & 2% Milk Lunch: Chicken & Salad/Vegetables Supper: Mushrooms & Lettuce	Breakfast: 1 Toast, 1 Egg & Tomato Lunch: Pasta & Tomato&Onion Supper: Soup, 1 Toast & Marmite
DAY 25	DAY 26	DAY 27	DAY 28
Breakfast: Dried Fruit Lunch: Vegetables Supper: 2 Fruit	Breakfast: Yogurt & 1 Fruit Lunch: Fish & Salad/Vegetables Supper: 1 Vegetable	Breakfast: Dried Fruit Lunch: 1 Potato & 1 Vegetable Supper: Soup, 1 Toast & Marmite	Breakfast: Cereal & 2% Milk Lunch: Chicken & Salad/Vegetables Supper: 2 Eggs, Tomato & 1 Toast



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