Lose 10 Pounds in Two Weeks Meal Plan

DAY 1

Morning: Scrambled Eggs and Toast Snack: Fresh mixed nots and seeds with one fruit Afternoon: Lentil and Bean Salad Snack: Hummus (one small pot) with raw

veggles sticks Evening: Quick-Grill Salmon and Salad

DAY 3

Morning: Scrambled Eggs and Toast Snack: Hummus (one small pot) with raw veggins sticks Afternoon: Crisp Bread with Cheesy Avocado Veggie and Nut Topping Snack: One boiled egg Evening: Quinoa Vegetable Bake

DAY 5

Morning: Scrambled Eggs and Toast Snack: Two energy bars Afternoon: Crisp Bread with Cheesy Avocado Veggle and Nut Topping Snack: Two thick apple slices topped with goat cheese Evening: Quick-Grill Salmon and Salad

DAY 2

Morning: Stuffed Avocado

Snack: Oatcakes with nut butter and smoked salmon

Afternoon: Mediterranean Chickpes Salad Bowl Snack: Two thick cucumber slices with goat cheese

Evening: Singapore Noodles

DAY 4

Morning: Egg. Ham, and Tomato
Snack: Rice cake with tzatziki and smoked
salmon
Afternoon: Lentill and Bean Salad
Snack: Fresh mixed nuts and seeds with one
fruit
Evening: Singapore Noodles

DAY 6

Morning: Scrambled Eggs and Toast Snack: One boiled egg Afternoon: Mediterranean Chickpea Salad Bowl Snack: Two protein bars Evening: Quinoa Vegetable Bake

DAY 7

Morning: Egg. Ham, and Tomato
Snack: Datcakes with nut butter and smoked
salmon
Afternoon: Lentil and Bean Salad
Snack: Fresh mixed nuts and seeds with one
fruit
Evening: Singapore Noodles

Ten Ways To Lose Ten Pounds In Two Weeks

SJ Ball

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