

Lose 10 Pounds in Two Weeks Meal Plan

DAY 1

Morning: Scrambled Eggs and Toast
Snack: Fresh mixed nuts and seeds with one fruit
Afternoon: Lentil and Bean Salad
Snack: Hummus (one small pot) with raw veggies sticks
Evening: Quick-Grill Salmon and Salad

DAY 3

Morning: Scrambled Eggs and Toast
Snack: Hummus (one small pot) with raw veggies 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 Veggie 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 Chickpea 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: Lentil 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: Oatcakes 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

David Baud



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