

Monday Breakfast: Omelette made with three egg whites and filled with 75g chopped mixed peppers and a handful of spinach
Mid-morning snack: 100g chicken with ½ red pepper, sliced
Lunch: One grilled chicken breast, mixed salad leaves, red peppers, green beans and ¼ tbsp olive oil
Mid-afternoon snack: 100g turkey breast with ¼ cucumber, sliced
Dinner: 100g grilled chicken breast with steamed broccoli

Tuesday Breakfast: Baked chicken breast with a handful of stir-fried kale
Mid-morning snack: 100g turkey breast and ½ green pepper, sliced
Lunch: Baked salmon fillet with mixed green salad, with ½ tbsp olive oil
Mid-afternoon snack: 100g turkey breast with 75g steamed broccoli
Dinner: Protein Shake

Wednesday Breakfast: 100g smoked salmon, plus spinach
Mid-morning snack: 100g chicken breast with ½ yellow pepper, sliced
Lunch: Protein Shake
Mid-afternoon snack: 100g turkey slices with ¼ avocado
Dinner: One grilled steak (or two cutlets); steamed broccoli and spinach

Thursday Breakfast: Scrambled eggs (one whole, two whites), tomatoes, green beans
Mid-morning snack: 100g turkey slices with ¼ cucumber, sliced
Lunch: Baked salmon fillet with salad, tomato, spinach and ½ tbsp olive oil
Mid-afternoon snack: 100g chicken breast with ½ grilled cucumber
Dinner: Herbalife 24 Shake after 6pm workout

Friday Breakfast: 200g turkey breast with ¼ avocado and ¼ cucumber, sliced
Mid-morning snack: Two hard-boiled eggs with ½ red pepper, sliced
Lunch: 150g grilled shrimp with a green salad and tomatoes, ½ tbsp olive oil
Mid-afternoon snack: 100g turkey breast with five almonds
Dinner: Cheat Meal

Saturday Breakfast: Two grilled tilapia fillet with roasted peppers and cucumbers
Mid-morning snack: 100g chicken with one tomato, sliced
Lunch: 150g turkey with green salad, steamed broccoli and ½ tbsp olive oil
Mid-afternoon snack: 100g chicken with five almonds
Dinner: 150g-200g steak served with steamed green beans and broccoli

Sunday Breakfast: Three-egg-white omelette, grilled tomatoes and steamed spinach
Mid-morning snack: 100g turkey with almonds
Lunch: 150g chicken breast with steamed asparagus and green salad
Mid-afternoon snack: 100g turkey with ¼ cucumber, sliced
Dinner: Grilled, skinless chicken breast with steamed oriental greens or broccoli