

## 2-Week Diet Plan

---

Day 1 - Breakfast

Day 1 - Morning Snack

Day 1 - Lunch

Day 1 - Afternoon Snack

Day 1 - Dinner

Day 2 - Breakfast

Day 2 - Morning Snack

Day 2 - Lunch

Day 2 - Afternoon Snack

Day 2 - Dinner

**Day 3 - Breakfast**

**Day 3 - Morning Snack**

**Day 3 - Lunch**

**Day 3 - Afternoon Snack**

**Day 3 - Dinner**

**Day 4 - Breakfast**

**Day 4 - Morning Snack**

**Day 4 - Lunch**

**Day 4 - Afternoon Snack**

**Day 4 - Dinner**

**Day 5 - Breakfast**

Day 5 - Morning Snack

Day 5 - Lunch

Day 5 - Afternoon Snack

Day 5 - Dinner

Day 6 - Breakfast

Day 6 - Morning Snack

Day 6 - Lunch

Day 6 - Afternoon Snack

Day 6 - Dinner

Day 7 - Breakfast

Day 7 - Morning Snack

Day 7 - Lunch

Day 7 - Afternoon Snack

Day 7 - Dinner

**WEEK 2:**

---

Week 2 Day 1 - Breakfast

Week 2 Day 1 - Morning Snack

Week 2 Day 1 - Lunch

Week 2 Day 1 - Afternoon Snack

Week 2 Day 1 - Dinner

Week 2 Day 2 - Breakfast

Week 2 Day 2 - Morning Snack

Week 2 Day 2 - Lunch

**Week 2 Day 2 - Afternoon Snack**

**Week 2 Day 2 - Dinner**

**Week 2 Day 3 - Breakfast**

**Week 2 Day 3 - Morning Snack**

**Week 2 Day 3 - Lunch**

**Week 2 Day 3 - Afternoon Snack**

**Week 2 Day 3 - Dinner**

**Week 2 Day 4 - Breakfast**

**Week 2 Day 4 - Morning Snack**

**Week 2 Day 4 - Lunch**

**Week 2 Day 4 - Afternoon Snack**

**Week 2 Day 4 - Dinner**

**Week 2 Day 5 - Breakfast**

**Week 2 Day 5 - Morning Snack**

**Week 2 Day 5 - Lunch**

**Week 2 Day 5 - Afternoon Snack**

**Week 2 Day 5 - Dinner**

**Week 2 Day 6 - Breakfast**

**Week 2 Day 6 - Morning Snack**

**Week 2 Day 6 - Lunch**

**Week 2 Day 6 - Afternoon Snack**

**Week 2 Day 6 - Dinner**

**Week 2 Day 7 - Breakfast**

**Week 2 Day 7 - Morning Snack**

**Week 2 Day 7 - Lunch**

**Week 2 Day 7 - Afternoon Snack**

**Week 2 Day 7 - Dinner**