USN THE X EFFECT 7 DAYS

EATING PLAN FOR WOMEN

1. BURN FAT

2. REDUCE BLOATING

3. CUT CRAVINGS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON WAKING UP: (OPTIONAL)	2 PhedraCut Water X capsules 1 serving L-Carnicut	2 PhedraCut Water X capsules 1 serving L-Carnicut	2 PhedraCut Water X capsules 1 serving L-Carnicut	2 PhedraCut Water X capsules 1 serving L-Carnicut	2 PhedraCut Water X capsules 1 serving L-Carnicut	2 PhedraCut Water X capsules 1 serving L-Carnicut	2 PhedraCut Water X capsules 1 serving L-Carnicut
30 MIN PRIOR TO BREAKFAST:	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	2 PhedraCut Lipo X capsules	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule
BREAKFAST	Savoury breakfast bowl: 2 large eggs, boiled/scrambled ½ of an avocado 1 tbsp. low fat cottage cheese 30 g cooked quinoa	Summer smoothie: 1 scoop Diet Whey IsoLean 1 cup berries ½ a medium banana 1 tsp. chia or flax seeds Ice	Healthy scramble: 2 large eggs, scrambled ¼ cup low fat milk 1 cup baby spinach 4-5 cherry tomatoes 30 g cooked quinoa	Breakfast bowl: 1 cup plain yogurt 1 scoop Diet Whey IsoLean 20 g raw oat bran 5 almonds, unsalted 1 tbsp. chia/flax seeds	Eggs and feta: 2 large eggs, boiled/poached ½ an avocado 30 g low fat feta cheese 30 g cooked quinoa	Protein pancakes: 1 scoop Diet Whey IsoLean 20 g raw oat bran/flour 2-3 egg whites 1 tsp. cinnamon 1 tsp. natural nut butter	Veggie omelette: 2 large eggs 2 tbsp. low fat milk ¼ cup diced bell peppers ¼ cup chopped mushrooms 1 cup fruit salad
SNACK	1 scoop Diet Whey IsoLean	30 g unsalted nuts	1 scoop Diet Whey IsoLean	100 g low fat plain yogurt 1 tsp. honey	1 scoop Diet Whey IsoLean	30 g lean beef biltong	1 scoop Diet Whey IsoLean
30 MIN PRIOR TO LUNCH:	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	2 PhedraCut Lipo X capsules 1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule
LUNCH	Chicken and chickpea salad: 120 g raw chicken breast, grilled 80 g canned chickpeas, drained and rinsed 30 g low fat feta cheese 1 cup cucumber, cherry tomatoes and baby spinach	Lean beef bowl: 100 g raw lean beef strips, pan-fried 90 g sweet potato, cooked ¼ of an avocado 1 cup broccoli, steamed	Lemon garlic hake: 120 g raw white fish, grilled with lemon and garlic 90 g butternut, cooked 1 tbsp. low fat cottage cheese 1 cup mixed salad	Chicken “burger”: 120 g raw chicken breast, grilled 1 large brown mushroom, grilled 1 tbsp. low fat cottage cheese 1 cup mixed salad	Mexican munch: 100 g raw lean beef mince, cooked with 40 g tomato puree and herbs ½ cup (90 g) sweetcorn, cooked ½ of an avocado ½ cup cherry tomatoes	Tuna salad: 120 g tuna canned in water, drained 80 g cooked quinoa 1 tbsp. low fat cottage cheese 1 cup mixed salad	Sunday roast: 120 g raw chicken breast, roasted with herbs 90 g sweet potato, roasted 1 tsp. olive or coconut oil (for cooking) 1 cup brussels sprouts, broccoli, cauliflower and/or green beans
SNACK	2 rice cakes 1 tsp natural nut butter	1 scoop Diet Whey IsoLean	100 g plain low-fat yogurt 1 tsp. honey	1 scoop Diet Whey IsoLean	30 g unsalted nuts	1 scoop Diet Whey IsoLean	2 blocks 70% dark chocolate
30 MIN PRIOR TO DINNER:	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule	1 PhedraCut Crave X capsule
DINNER	100 g raw lean beef mince, cooked with 40 g tomato puree and herbs 1 cup zucchini noodles 1 tsp. parmesan cheese	120 g raw chicken breast, sliced and pan-fried 2 cups stir-fried vegetables 1 tsp. olive or coconut oil, for cooking	100 g raw lean beef steak, grilled ½ cup pumpkin, cooked 1 cup broccoli, steamed	120 g raw hake, grilled with lemon and herbs 1 cup green beans, steamed ¼ of an avocado	120 g raw chicken breast, grilled 1 brinjal, sliced and grilled 1 tsp. olive or coconut oil for cooking 1 cup mixed salad	120 g raw calamari, grilled with lemon juice 1 cup asparagus, grilled 1 tbsp. low fat cottage cheese	Beef “Burger”: 100 g raw lean beef burger patty, grilled ½ cup baby spinach 1 cup mixed salad ½ of an avocado
BEFORE BEDTIME SNACK (OPTIONAL)	½-1 scoop Diet Whey IsoLean (optional)	½-1 scoop Diet Whey IsoLean (optional)	½-1 scoop Diet Whey IsoLean (optional)	½-1 scoop Diet Whey IsoLean (optional)	½-1 scoop Diet Whey IsoLean (optional)	½-1 scoop Diet Whey IsoLean (optional)	½-1 scoop Diet Whey IsoLean (optional)