

# THE HEALTHY MAN MENU



## DAY 1, 3, 5 AND 7 SCHEDULE

Soon after rising: Fat Burner Shot + a glass of water\* [250ml - 500ml]

7-8am: The High Line

**\*\*FF: Greene Spice**

When next hungry [9-10am]: The New Yorker

11am-12pm: Easy Being Greene

**\*\*FF: Greene Street Classic \*apple free**

1-2pm: Choc Maca Protein

3-4pm: Park Avenue

5-6pm: The Bronx

6-7pm: New Yorker

7-8pm: Broth

**\*\* Summer Glow**

9pm: Gotham City\*\*

## DAY 4 SCHEDULE

Soon after rising: Fat Burner Shot + a glass of water\* [250ml - 500ml]

7-8am: The High Line

**\*\*FF Greene Spice**

When next hungry [9-10am]: The New Yorker

11am-12pm: Park Avenue

1-2pm: Choc Maca Protein

3-4pm: The Bronx

5-6pm: Greene Street Classic

**\*\*FF: Greene Street Classic \*apple free**

6-7pm: New Yorker

7-8pm: Broth

**\*\*Summer Glow**

9pm: Gotham City\*\*

## DAY 2 AND 6 SCHEDULE

Soon after rising: Fat Burner Shot + a glass of water\* [250ml - 500ml]

7-8am: The High Line

**\*\*FF: Greene Spice**

When next hungry [9-10am]: The Central Pk

11am-12pm: Park Avenue

1-2pm: Choc Maca Protein

3-4pm: The Bronx

5-6pm: Greene Street Classic

**\*\*FF: Greene Street Classic \*apple free**

6-7pm: New Yorker

7-8pm: Broth

**\*\*FF: Summer Glow**

9pm: Gotham City\*\*

**GREENE<sup>ST</sup> JUICE CO.**

Cold Pressed Organic

## DAY 8 / REBUILD 1

7-8am: *The High Line*

When next hungry [9-10am]: *The New Yorker*

Mid Morning: *Park Avenue*

Lunch: *Big Leafy 'Caesar' Salad* [recipe included]

Dinner: *Broth*

**\*\*FF: *Central Pk***

[Add Rebuild approved snacks as required during the day]

## DAY 9 / REBUILD 2

7-8am: *Park Avenue*

When next hungry [9-10am]: *Bulletproof Coffee* [recipe included]

Mid Morning: *The Bronx*

Lunch: *Beautifully Roast Vegetables with Tahini dressing* [recipe included]

Dinner: *Broth*

**\*\*FF: *Choc Maca Protein***

[Add Rebuild approved snacks as required during the day]

## DAY 10 / REBUILD 3

7-8am: *Post Workout Smoothie or Bulletproof Coffee*

When next hungry: *Immunity Juice*

Lunch: *Baked Fish with Peperonata*

Dinner: *Broth Chicken 'Noodle' Soup* [recipe provided]

**\*\*FF: *Summer Glow***

[Add Rebuild approved snacks as required during the day]

GREEN JUICE CO.

Cold-Pressed Organic