



7 Day Sample Meal Plan

© Express123Diet

Monday Date: _____

Breakfast:

Apple Crumble

Lunch:

Chinese Chicken Salad

Dinner:

Bolognese served with
Konjac Noodles

Tuesday Date: _____

Breakfast:

Orange and Berry Fruit

Salad

Lunch:

Chicken Lettuce Wraps

Dinner:

Meatloaf

Wednesday Date: _____

Breakfast:

Blueberry Cheesecake

Lunch:

Omelette with Vegetables

Dinner:

Chicken with Creamy
Cucumber & Dill Salad

Thursday Date: _____

Breakfast:

Berry Crumble

Lunch:

Lemon Fish
with Asparagus

Dinner:

Chickpea Curry

Friday Date: _____

Breakfast:

Grilled Tomatoes & Spring

Onion

Lunch:

Thai Beef Soup

Dinner:

Tomato Basil Chicken

Saturday Date: _____

Breakfast:

Cinnamon Stewed Apples

Lunch:

Quiche

Dinner:

Malaysian Prawn Laksa
with Noodles

Sunday Date: _____

Breakfast:

Berry Smoothie

Lunch:

Curry Prawns

Dinner:

Easy Beef Curry

Notes to self:

Spray I23Diet Drops 2 times under tongue 15 mins
before each meal

Drink 2-4 litres of water a day

Coffee and Tea are allowed - see I23Diet Program
for more info

