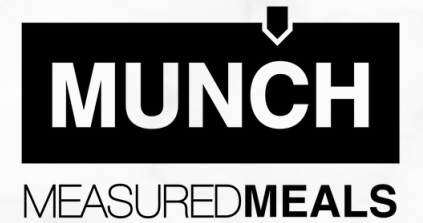


# MEN INTROFAST LEAN WEEK 1

- 1 citrus fruit or 1 apple per day
- 2,5l water per day
- x2 black coffees with sucralose (sweetener) per day
- x2 sugar free drinks per day



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST  
10:00



LUNCH  
14:00

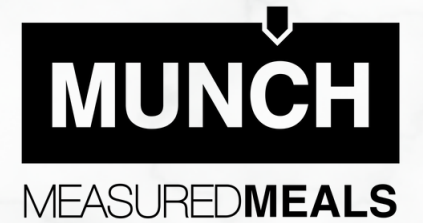


DINNER  
18:00



# MEN INTROFAST LEAN WEEK 2

- 1 citrus fruit or 1 apple per day
- 2,5l water per day
- x2 black coffees with sucralose (sweetener) per day
- x2 sugar free drinks per day



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST  
10:00



LUNCH  
14:00



DINNER  
18:00

