

# 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



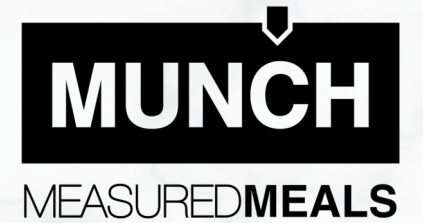
DINNER  
18:00





# 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



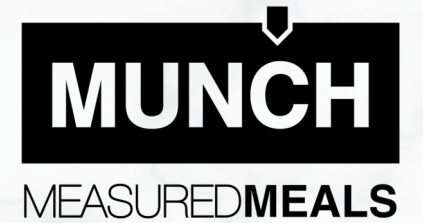
DINNER  
18:00





# MEN INTROFAST LEAN WEEK 3

- 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



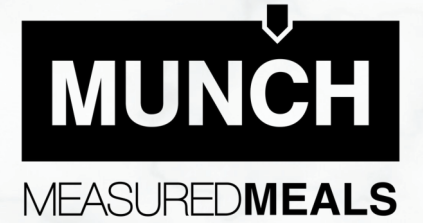
DINNER  
18:00





# MEN INTROFAST LEAN WEEK 4

- 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
<b>BREAKFAST</b> 10:00							
<b>LUNCH</b> 14:00							
<b>DINNER</b> 18:00							