

MEN WEEKDAY WARRIOR 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



LUNCH



DINNER



MEN WEEKDAY WARRIOR 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							
LUNCH							
DINNER							