

WOMEN 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



WOMEN 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



WOMEN 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

FRIDAY

SATURDAY

SUNDAY

BREAKFAST
10:00



LUNCH
14:00



DINNER
18:00



WOMEN 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
BREAKFAST 10:00							
LUNCH 14:00							
DINNER 18:00							