



**JVL** / MEAL PLAN



**JUST VICTORIOUS LIVING**



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Timing is only an estimate

21 Days

**TIME/MEALS                      NUTRITIONAL PLAN /FOOD**

**MEAL #1                      YOUR FOOD PLAN                      YOUR SHOPPING LIST                      YOUR ACTUAL**

AM Juice	2cm of ginger Turmeric Cup of Leafy Greens Kyle or Spinach Cucumber Celery Romaine Lime Ginger Apple 5gr JVL L-Glutamine	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
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**MEAL #2                      YOUR FOOD PLAN                      YOUR SHOPPING LIST                      YOUR ACTUAL**

Before Meal	5gr JVL L-Glutamine	_____	<input type="checkbox"/>	_____
Meal	3 x Egg Whites Green Salad Consisting of: 100gr Broccoli 100gr Celery 100gr Cucumber	_____ _____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____ _____

**MEAL #3                      YOUR FOOD PLAN                      YOUR SHOPPING LIST                      YOUR ACTUAL**

Before Meal	5gr JVL L-Glutamine	_____		_____
Protein Shake	JVL Dessert Protein mixed with 200ml Water or 200ml Rice Milk Apple	_____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____

**MEAL #4                      YOUR FOOD PLAN                      YOUR SHOPPING LIST                      YOUR ACTUAL**

Before Meal	5gr JVL L-Glutamine	_____	<input type="checkbox"/>	_____
Meal	Salad Consisting of: Lentils or Chick Peas Carrots Red Onions Topped with Pumpkin Seeds Extra Toppings if needed: Peppers Cucumber Broccoli	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____ _____ _____ _____ _____ _____ _____ _____ _____ _____

**WEBSITE / WWW.JVL.CO.ZA**

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TIME/MEALS	NUTRITIONAL PLAN /FOOD		
<b>MEAL #5</b>	<b>YOUR FOOD PLAN</b>	<b>YOUR SHOPPING LIST</b>	<b>YOUR ACTUAL</b>
Before Meal	5gr JVL L-Glutamine	_____	<input type="checkbox"/> _____
Protein Shake	JVL Dessert Protein mixed with 200ml Water or 200ml Rice Milk Apple	_____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____ _____
<b>MEAL #6</b>	<b>YOUR FOOD PLAN</b>	<b>YOUR SHOPPING LIST</b>	<b>YOUR ACTUAL</b>
Before Meal	5gr JVL L-Glutamine	_____	<input type="checkbox"/> _____
Meal	1 Cup Organic Soup Chick Peas or Squash Ginger Served with: 100gr Sweet Potato Chips (Baked)	_____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____ _____
<b>MEAL #7</b>	<b>YOUR FOOD PLAN</b>	<b>YOUR SHOPPING LIST</b>	<b>YOUR ACTUAL</b>
PM Juice	Seasonal Leafy Greens Cucumber Celery Mint 1 x Pear 5gr JVL L-Glutamine	_____ _____ _____ _____ _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____ _____
<b>MEAL #8</b>	<b>YOUR FOOD PLAN</b>	<b>YOUR SHOPPING LIST</b>	<b>YOUR ACTUAL</b>
If you are hungry late night	JVL Dessert Protein 200ml Coconut Milk or 200ml Rice Milk	_____ _____	<input type="checkbox"/> <input type="checkbox"/> _____ _____
Protein Shake	1 x ice Cube  Blend together until ice is crunched.	_____	<input type="checkbox"/> _____ _____

EATING PLAN IS PRESCRIBED ON THE BASIS THAT THE CLIENT HAS NO MEDICAL DIFFICULTIES AND THAT THIS EATING PLAN IS REGULATED BY A MEDICAL PRACTITIONER. ALL SUPPLEMENTS WILL BE CONSUMED ON OWN RISK THE CLIENT UNDERSTANDS THAT THIS PROGRAM SHOULD BE FOLLOWED ON A STRICT BASIS IN CONJUNCTION WITH A SET TRAINING SCHEDULE THIS IS NOT A DIET BUT AN EATING PLAN...STICK TO IT! Copyright reserved

JVL or any of its employees, legal entities or personnel, will not be held responsible for any failure on the client's part to succeed at this plan. Lack in results due to the client's own doing or any medical condition related hereto as the client knows and understands that this Plan is prescribed on the basis that the client is healthy and willing to follow this plan at own risk.

Please note that we bring in products to SA as they are available overseas or in stock. Products might alter according to new products and also availability!

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