

# Women's IntroFast® 14-day Week 1






















## Daily Allowances:

- 1 citrus fruit, or 1 apple, or 100g blueberries/strawberries.
- 2.5L water minimum (or 250ml per 10kg of body weight).
- Up to 2 black coffees or coffee with fat-free milk and sweetener.
- Maximum of 2 sugar-free drinks.

## Workout Days (45min+ of exercise):

- 1 protein shake with water (preferably post-workout) OR
- 2 whole eggs OR 3 egg whites and 1 whole egg.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> 10:00							
	Green juice	Beet juice	Carrot juice	Green juice	Beet juice	Carrot juice	Green juice
<b>LUNCH</b> 14:00							
	Chicken and chorizo Rosario	Chicken Risotto	Chicken Thigh Biryani	Beef bolognese	Pulled Lamb Gnocchi	Beef stroganoff	Grilled chicken fusilli
<b>DINNER</b> 18:00							
	Teriyaki pork fillet	Skinny meatballs	Moroccan beef mince	BBQ Pork fillet	Mammas meat balls	Basil pesto chicken	Grilled chicken breast

# Women's IntroFast® 14-day Week 2




















## Daily Allowances:

- 1 citrus fruit, or 1 apple, or 100g blueberries/strawberries.
- 2.5L water minimum (or 250ml per 10kg of body weight).
- Up to 2 black coffees or coffee with fat-free milk and sweetener.
- Maximum of 2 sugar-free drinks.

## Workout Days (45min+ of exercise):

- 1 protein shake with water (preferably post-workout) OR
- 2 whole eggs OR 3 egg whites and 1 whole egg.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> 10:00							
	Green juice	Beet juice	Carrot juice	Green juice	Beet juice	Carrot juice	Green juice
<b>LUNCH</b> 14:00							
	Syrian chicken	Chilli Con Carne	Chicken Tikka Masala	Italian Hunters Chicken	Slow smoked pulled beef	Coconut chicken curry	Braised beef short rib
<b>DINNER</b> 18:00							
	Teriyaki pork fillet	Skinny meatballs	Moroccan beef mince	BBQ Pork fillet	Mammas meat balls	Basil pesto chicken	Grilled chicken breast

# 3-day Juice Jumpstart



- A juice cleanse consisting of 5 nutrient packed juices per day for 3 days.
- Enjoy up to two cups of black coffee or tea per day in addition to your juices.
- We recommend drinking your juices 2-hours apart as per the guideline below.  
Adjust times according to your preference.
- The juices add up to approximately 1250 calories per day.
- No alcohol, no dairy, no additional meals or snacks.

	Juice 1 10:00	Juice 2 12:00	Juice 3 14:00	Juice 4 16:00	Juice 5 18:00
Day one	 Green juice	 Beet juice	 Carrot juice	 Green juice	 Beet juice
Day two	 Carrot juice	 Green juice	 Beet juice	 Carrot juice	 Green juice
Day three	 Beet juice	 Carrot juice	 Green juice	 Beet juice	 Carrot juice