

Boiled Egg Diet: Week One

	BREAKFAST	LUNCH	DINNER
MONDAY	2 boiled eggs and 1 citrus fruit	2 slices wholemeal bread and some fruit	Big serving salad and chicken
TUESDAY	2 boiled eggs and 1 citrus fruit	Salad of green vegetables and grilled chicken	Vegetable salad, 1 orange, and 2 boiled eggs
WEDNESDAY	2 boiled eggs and 1 citrus fruit	Low-fat cheese, 1 tomato, & 1 slice wholemeal bread	1 orange, vegetable salad & 2 boiled eggs
THURSDAY	2 boiled eggs and 1 citrus fruit	Fruit	Salad and steamed chicken
FRIDAY	2 boiled eggs and 1 citrus fruit	Salad and grilled fish.	Steamed vegetables and 2 boiled eggs
SATURDAY	2 boiled eggs and 1 citrus fruit	Fruit	Salad and steamed chicken
SUNDAY	2 boiled eggs and 1 citrus fruit	Steamed vegetables	Tomato salad, steamed vegetables and chicken

Boiled Egg Diet: Week Two

	BREAKFAST	LUNCH	DINNER
MONDAY	2 boiled eggs and 1 citrus fruit	Salad and steamed chicken	1 orange, salad and 2 boiled eggs
TUESDAY	2 boiled eggs and 1 citrus fruit	Steamed vegetables and 2 boiled eggs	Chicken with salad
WEDNESDAY	2 boiled eggs and 1 citrus fruit	Salad and steamed chicken	Tomato salad, steamed vegetables and chicken
THURSDAY	2 boiled eggs and 1 citrus fruit	Tuna salad	Salad and steamed chicken
FRIDAY	2 boiled eggs and 1 citrus fruit	Steamed vegetables, low fat cheese & 2 boiled eggs	Salad and 2 boiled eggs
SATURDAY	2 boiled eggs and 1 citrus fruit	Fruit	Salad and steamed chicken
SUNDAY	2 boiled eggs and 1 citrus fruit	Low-fat cheese, 1 tomato, & 1 slice wholemeal bread	1 orange, vegetable salad & 2 boiled eggs