

# OGXFENIX™

## 7 DAY MEAL PLAN

**Introducing OGXFENIX - our exclusive meal replacement ready to be mixed with semi-skimmed milk.**

Just choose one of the 3 options for your meal plan. You can change your option every day or adjust to fit your lifestyle needs. To lose weight, replace two meals of an energy restricted diet per day with an OGXFENIX. Mix 1 scoop with 250 ml of semi-skimmed milk and enjoy. It is important to maintain an adequate daily fluid intake.

Use as part of a varied and balanced diet and healthy lifestyle.

ORGANO

### OPTION 1

#### BREAKFAST

#### SNACK

#### LUNCH

#### MID AFTERNOON

#### DINNER

Healthy Meal

Pro Meal (Healthy Snack)

OGXFENIX

Pro Meal (Healthy Snack)

OGXFENIX

#### BREAKFAST OPTIONS

- 1 cup greek style yogurt, ½ cup blueberries, ½ cup peach slices, ¼ cup walnut halves
- 1 scrambled egg, 1 piece wholemeal toast, 1 cup skimmed milk
- ½ bagel with 2 tsp. cream cheese, 1 medium orange
- 1 cup cottage cheese, 1 cup strawberries
- Oatmeal (no sugar), 1 cup skimmed milk, 20 raisins, dash of cinnamon
- 3 egg white omelette with ½ cup sliced mushrooms, ¼ cup diced onions, 30 g mozzarella and 1 small banana sliced with ½ cup strawberries

# OPTION 2

**BREAKFAST**  
**SNACK**  
**LUNCH**  
**MID AFTERNOON**  
**DINNER**

OGXFENIX  
Pro Meal (Healthy Snack)  
Healthy Meal  
Pro Meal (Healthy Snack)  
OGXFENIX

## LUNCH OPTIONS

- Turkey sandwich with 85 g turkey breast, 2 slices wholemeal bread, 2 tsp. mustard, 1 slice swiss cheese, 1 stalk celery, 1 carrot stick, apple for dessert
- 85 g chicken (no skin), 1 medium baked potato, side salad with lemon and 1 tbsp. olive oil ½ cup pasta with butter
- 120 g salmon, 8 spears asparagus, side salad with 1 tbsp. vinaigrette, 1 cup raspberries
- 1 pork chop, side salad, 1 baked potato with 1 tbsp. butter
- 120 g beef sirloin sliced, ½ cup green peppers sliced, ½ cup red peppers sliced, ½ onion sliced, 1 tbsp. olive oil to stir fry, ½ cup cooked rice
- 85 g chicken (no skin), ½ cup carrots cooked, side salad with 1 tbsp. of olive oil and lemon, ½ cup pasta with butter.
- 85 g grilled tuna with salad (Nicoise), 1 cup green beans

# OPTION 3

**BREAKFAST**  
**SNACK**  
**LUNCH**  
**MID AFTERNOON**  
**DINNER**

OGXFENIX  
Pro Meal (Healthy Snack)  
OGXFENIX  
Pro Meal (Healthy Snack)  
Healthy Meal

## DINNER OPTIONS

- Chicken stew with 120 g white chicken meat, 1 cup vegetable broth, 1 sliced carrot, 1 stalk celery sliced, 1 summer squash sliced, ½ onion diced, ¼ cup green beans, slice of whole grain bread, 1 tsp butter, fruit salad for dessert
- Grilled 120 g fish topped with grilled ½ cup bell peppers, ¼ cup onion, and ½ cup eggplant, side salad with 1 tbsp. olive oil with lemon or pesto, ½ cup brown rice, 1 baked apple with dash of cinnamon
- Grilled 170 g sirloin steak, side salad with 1 tbsp. olive oil with lemon, 2 cups sautéed mushrooms, ½ cup green beans, 1 small baked potato with 1 tsp. butter, ½ cup fruit for dessert
- 85 g chicken (no skin), 1 medium baked sweet potato, side salad with 1 tbsp. olive oil with lemon, ½ cup pasta with butter
- 85 g pork chop, side salad, 1 baked potato, 1 slice wholemeal toast with 1 tsp. butter
- 85 g chicken, ½ cup carrots cooked, side salad with 1 tbsp. olive oil with lemon, ½ cup pasta with butter
- 120 g salmon, 8 spears asparagus, side salad with 1 tbsp. olive oil and lemon, 1 cup raspberries