



Three Day Zigzag Diet Plan

Meal 1:	Day 1	Day 2	Day 3
oatmeal	80 g	60 g	40 g
whey protein	45 g	45 g	45 g
fruit	1	1	

Meal 2:			
toast	4	2	
rice cakes			2
honey	yes	yes	yes
sliced meats or	150 g	150 g	150 g
eggs (five whites, one yolk)	5	5	5

Meal 3:			
rice (cooked)	250 g	125 g	75 g
pineapple slices	4	4	4
chicken breast	150 g	150 g	150 g

Meal 4:			
toast	2	1	
rice cakes			2
honey	yes	yes	yes
tomato	yes	yes	yes
canned tune (in water) or mackerel in tomato sauce	1	1	1

Meal 5:			
potatoes	4	2	
vegetables	250 g	250 g	250 g
steak or chicken breast	150 g	150 g	150 g

Meal 6:			
oatmeal	50 g	25 g	
whey protein	50 g	50 g	50 g