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🍷 7dsd meal plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
M1	Slim Down Scramble +Meta D	Slim Down Scramble +Meta D	Slim Down Scramble +Meta D	Slim Down Scramble + Meta D	Slim Down Scramble + Meta D	Slim Down Scramble +Meta D	Slim Down Scramble +Meta D
M2	Grapefruit	Grapefruit	Grapefruit	Strawberries & Raspberries	Grapefruit	Grapefruit	Strawberries & Raspberries
M3	Grilled Chicken + Greens w/ Apple	Ground Turkey + Greens w/ Apple	Grilled Chicken + Greens w/ Apple	Ground Turkey + Greens w/ Apple	Grilled Chicken + Greens w/ Apple	Ground Turkey + Greens w/ Apple	Grilled Chicken + Greens w/ Apple
M4	Protein Smoothie	Protein Smoothie	Protein Smoothie	Protein Smoothie	Protein Smoothie	Protein Smoothie	Protein Smoothie
M5	Ground Chicken Breast + Greens	Salmon + Greens	Ground Chicken Breast + Greens	Ground Chicken Breast + Greens	Salmon & Asparagus	Salmon & Asparagus	Ground Turkey + Greens
M6	Lemon/ Ginger Tea	Lemon/ Ginger Tea	Lemon/ Ginger Tea	Lemon/ Ginger Tea	Green Tea	Green Tea	Green Tea

HARI	MENU			
	BREAKFAST	LUNCH	HIGH TEA	DINNER
ISNIN	Telur Rebus 2 biji Tomato	Ayam Rosemary 2 Ketul Sayur Kangkong	Tomato	Ayam Rosemary 2 Ketul
SELASA	Telur Goreng 2 biji Tomato	Sup Ayam	Tomato	Sup Ayam
RABU	Telur Rebus 2 biji Tomato	Ayam Bakar Berempah 2 Ketul Sayur Kailan	Tomato	Ayam Bakar Berempah 2 Ketul
KHAMIS	Telur Goreng 2 biji Tomato	Tom Yam Ayam	Tomato	Tom Yam Ayam
JUMAAT	Telur Rebus 2 biji Tomato	Ayam Panggang 2 Ketul Sayur Sawi	Tomato	Ayam Panggang 2 Ketul
SABTU	Telur Goreng 2 biji Tomato	Ayam Soto	Tomato	Ayam Soto
AHAD	Telur Rebus 2 biji Tomato	Ayam Kukus 2 Ketul Timun	Tomato	Ayam Kukus 2 Ketul

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