

10 Day Slim Down



Breakfast

Overnight oats
Greek yogurt
Smoothie
Oatmeal
Eggs
*Other clean option

Lunch

Sandwich
Wrap
Sweet Potato
Leftovers
*Other clean option

Dinner

Chicken/Protein
Vegetables
Eggs
*Other clean option

Snacks

Protein bar
Hardboiled eggs
Apple&cheese
Toast&nut butter
Fruit
*Other clean option

AVOID

Processed foods
"Binge triggers"
Anything high in sodium, fat, or calories



10 Day Slim Down Guide

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