22day NoSugar Challenge

3rd Week

MEAL PLAN

NutriShark.
PREMIUM MEMBERSHIP

abundance 360



22day NoSugar Challenge



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MEAL PLAN



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WEEK 3

	BREAKFAST 7:00 am	LUNCH 1:00 pm	DINNER 7:00 pm
DAY 15	- *Scrambled eggs with ground turkey* 	- *Grilled Beef* 	- *Baked pork belly* 
DAY 16	- *Steak and eggs* 	- *Tuna burgers* - *Mashed avocado* 	- *Sautéed mushrooms with chicken* 
DAY 17	- *Scrambled eggs with bacon and goat cheese* 	- *Grilled Pork ribs* - *Mashed cauliflower* 	- *Smoked salmon rolls with avocado* 
DAY 18	- *Baked chicken thighs* 	- *Baked mahi mahi with ghee or butter* 	*Grilled beef liver with butter* 
DAY 19	- *Fried eggs with bacon* 	- *Baked Pork ribs* - *Bone broth* 	- *Avocado stuffed with smoked salmon and goat cheese* 
DAY 20	- *Fried eggs* - *Pork belly* 	- *Grilled tuna with asparagus* 	- *Fish ceviche* 
DAY 21	- *Scrambled eggs* - *Grilled beef* - *Avocado* 	- *Bacon wrapped chicken breasts* 	- *Avocado stuffed with chicken* 
DAY 22	*Butter sautéed shredded chicken* *Bone broth* 	*Beef burger with egg and avocado* 	*Baked mahi mahi with butter or ghee* 

You can skip your dinner whenever you want!

Drink water depending on your thirst

Walk every day 30 min and get sun exposure

Go to sleep at least 3 hours after dinner

Sleep for at least 6 hours

Shopping list suggestions

VEGETABLES & others	*PROTEINS & others*	*FATS & others*
• Asparagus • Avocado • Cauliflower • Mushrooms	• Bacon • Beef liver • Chicken • Chicken thighs • Eggs • Grass fed beef • Ground turkey • Mahi mahi • Pork belly • Pork ribs • Shrimps • Smoked salmon • Tuna	• Bacon fat • Butter • Coconut oil • Duck fat • Ghee • Olive oil Others: • Goat cheese
Seasoning	You can use any natural seasoning: sea salt, dill, ginger, garlic, coriander, parsley, basil, rosemary, turmeric, etc.	

IMPORTANT:
These are suggested foods you could buy based on this meal plan. We have not placed quantities so that you can modify and adapt them according to your preferences, objective or goals.

Smart changes in your meal plan

If you do not find or there is no food available, you can replace it with another that you find within the same plan. Here are some suggestions for you to choose an option:

-> PROTEINS: Chicken, grass fed meat, turkey, pork, fish, shellfish, eggs, beef liver, lamb, ribs, etc.

-> VEGETABLES: Any other that you find available and seasonal in your country

-> FATS: Olive oil, coconut oil, duck fat, butter, ghee, avocado, olives, Serrano ham, bacon, pork belly