

JUSTFIT!

7-DAY GRAPEFRUIT DIET PLAN



BREAKFAST

LUNCH

DINNER

SNACK

DAY 1



Scrambled eggs with spinach, avocado, and half a grapefruit



Grilled chicken salad with mixed greens, cucumber and grapefruit segments



Baked salmon with roasted Brussels sprouts and half a grapefruit



Handful of almonds + grapefruit juice

DAY 2



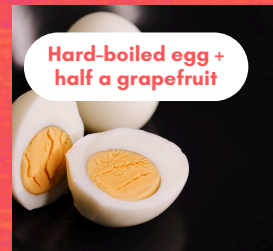
Omelet with bell peppers, avocado + half a grapefruit



Turkey and avocado lettuce wraps with grapefruit wedges



Grilled steak with sautéed spinach and grapefruit slices



Hard-boiled egg + half a grapefruit

DAY 3



Greek yogurt with chia seeds, walnuts, and half a grapefruit



Grilled shrimp salad with mixed greens and grapefruit segments



Baked cod with roasted zucchini and half a grapefruit

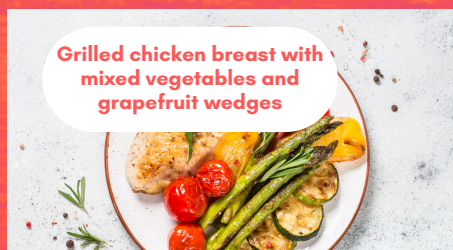


Cottage cheese + half a grapefruit

DAY 4



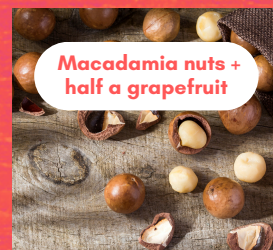
Scrambled eggs with turkey sausage, avocado, and half a grapefruit



Grilled chicken breast with mixed vegetables and grapefruit wedges



Herb-roasted chicken with steamed broccoli and half a grapefruit



Macadamia nuts + half a grapefruit

DAY 5



Poached eggs with smoked salmon, spinach, and half a grapefruit



Beef stir-fry with bell peppers, onions, and grapefruit segments



Baked halibut with roasted Brussels sprouts and grapefruit juice



Hummus with cucumber slices

DAY 6



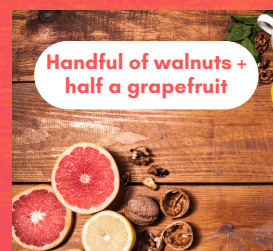
Scrambled eggs with & cheddar cheese, with grapefruit slices



Chicken Caesar salad with grapefruit wedges



Grilled lamb chops with roasted asparagus and half a grapefruit



Handful of walnuts + half a grapefruit

DAY 7



Greek yogurt with flaxseeds, almonds, and grapefruit pieces



Grilled salmon with roasted vegetables & half a grapefruit



Baked chicken thighs with roasted cauliflower and grapefruit juice



Cottage cheese with sunflower seeds + half a grapefruit