

30-Day Extreme Meal Plan Checklist (Refined)

Rules: No sugar. No alcohol. No snacks. Portions matter. Temporary 30-day experiment.

Day	Breakfast	Lunch	Dinner	Notes
1	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
2	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
3	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
4	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
5	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
6	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
7	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
8	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
9	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
10	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
11	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
12	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
13	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
14	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
15	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
16	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
17	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
18	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
19	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
20	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
21	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
22	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
23	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
24	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
25	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
26	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
27	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
28	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
29	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	
30	Eggs 2-4 + water/black coffee	Chicken 150-200g (cooked) + veg	Chicken/Fish 120-180g + veg	