

The Boiled Egg Diet Blueprint is focussed on kickstarting your weight loss journey with simple foods, fruit & vegetables along with the main ingredient - boiled eggs.

It provides focus and a way to get over one of the hardest hurdles in weight loss - getting started!

The Boiled Egg Diet Blueprint is low in calories and can give you fast results BUT - please don't use it for any longer term weight loss programs.



Why eggs?

Eggs are abundant in nutrients:

Eggs contain vitamins, minerals, good fats, high-quality proteins and a lot of nutrients. Eggs are loaded with Vitamin B12, Vitamin B2, Vitamin A, Vitamin B5 as well as Selenium. They also contain almost all the necessary vitamins and minerals which are essential for the human body, such as iron, zinc, calcium, manganese, potassium, Vitamin E, Folate and other.

One missing ingredient - Vitamin C - so adding fruit rich in vitamin C provides the perfect complement.

One large egg contains 77 calories, 6 grams of quality protein, 5 grams of fat and a small amount of carbohydrates. All the healthy nutrients are concentrated in the yolk; there is only protein in the egg whites.

Time to get started:

Week 1:

Monday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - 2 slices of bread & fruit
- **Dinner** - green salad & grilled chicken

Tuesday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - green salad & grilled chicken
- **Dinner** - an orange, green salad & 2 boiled eggs

Wednesday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - ½ thinly sliced tomato, low fat cheese & 1 piece of toasted bread
- **Dinner** - green salad & grilled chicken

Thursday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - fruit
- **Dinner** - green salad & grilled chicken

Friday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - 2 boiled eggs & grilled vegetables
- **Dinner** - green salad & grilled fish

Saturday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - fruit
- **Dinner** - green salad & grilled chicken

Sunday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - a tomato salad with grilled chicken and grilled vegetables
- **Dinner** - grilled vegetables

Week 2:

Monday:

- **Breakfast**- 2 boiled eggs & fruit
- **Lunch** - green salad & grilled chicken
- **Dinner** - an orange, 2 boiled eggs & green salad

Tuesday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - 2 boiled eggs & boiled vegetables
- **Dinner** - green salad & grilled fish

Wednesday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - green salad & grilled chicken
- **Dinner** - an orange, 2 boiled eggs & green salad

Thursday:

- **Breakfast**- 2 boiled eggs & fruit
- **Lunch** - boiled vegetables, low fat cheese & 2 boiled eggs
- **Dinner** - green salad & grilled chicken

Friday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch** - tuna salad
- **Dinner** - 2 boiled eggs & green salad

Saturday:

- **Breakfast**- 2 boiled eggs & fruit
- **Lunch** - green salad & grilled chicken
- **Dinner** - fruit

Sunday:

- **Breakfast** - 2 boiled eggs & fruit
- **Lunch and dinner** -grilled vegetables and grilled chicken

NOTE: Consult with your physician before starting any weight loss regimen

EXERCISE: Consult with your physician before starting any exercise routine - even a moderate level of exercise will aid in your weight loss journey.