**ARIELLA FITNESS ‘THE WEDDING PARTY’ MEAL PLAN**

\*\*\*Disclaimer: Ariella Fitness will not be held liable for any health discomfort associated with using this meal plan. **Please consult your physician before you embark on any LIFESTYLE MODIFICATION.**

Instructions:

* This meal plan is designed for **short term use** like If you have that wedding or event at the weekend, you need to attend with a fitter body 😊
* Do not use if you are pregnant or breastfeeding or on medication
* Start your day with 500ml of warm water
* Use measuring cups to monitor your portion (google to see measuring cups)
* Drink water before any meal
* Have a cup of ginger tea everyday with breakfast (grate fresh ginger and pour hot water over it, that’s all)
* Have 1 large cucumber last thing every night before sleep
* Daily water target is a minimum of 3L
* Snack option is limited to not more than 2 servings
* If you want a sustainable, long term weight loss plan, send a mail to drchinasa@ariellafitness.com or Call +2349022713581 or Get a copy of the book EAT TO LOSE WEIGHT and start losing weight.
* Follow us on Facebook, Instagram and Twitter @ariellafitness for regular dose of healthy/weight loss inspiration

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | BREAKFAST | LUNCH | DINNER | SNACKS |
| Day 1 | Green smoothie (green + 1 banana + water) + 3 boiled eggs | 2 cups of Oil less Okro Soup with fish | A bowl of Fish pepper or chicken soup | Oranges, Cucumbers, Garden eggs |
| Day 2 | A large bowl of watermelon | 2 cups of Oil less Vegetable soup with chicken or Fish | Carrot smoothie (carrots + pineapple + water + ginger (optional) + 2 pcs of fish | Apples, garden eggs, golden melon |
| Day 2 | Left Over Carrot smoothie and 2 boiled eggs | Spicy Chicken Vegetable Salad OR 2 cups of Okro soup and Fish | Green Smoothie (any green of your choice + 1 banana OR Pineapple) + 2 boiled egg | Oranges, cucumbers |