

PHASE 2 MENU

3 Eurodiet meals a day plus your own lunch OR dinner

Please remember to drink at least 2 litres of fluid a day: this can be in the form of water and unsweetened* teas and coffee

(*sweetener can be used to replace sugar)

You may add permitted seasoning to your meals

Everything in red is what you add on to your Eurodiet day if coming from the previous phase.

BREAKFAST

1 **Eurodiet** meal

LUNCH (You can swap your lunch for dinner or vice versa)

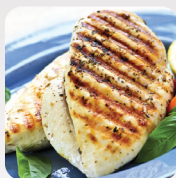
1 portion of protein
+ 2 portions of vegetables from list 1 or 2
(preferably from list 1)

SNACK

1 **Eurodiet** meal

DINNER (You can swap your lunch for dinner or vice versa)

1 **Eurodiet** meal
+ 2 portions of vegetables from list 1 or 2
(preferably from list 1)



AFTER PHASE 2 MOVE ONTO PHASE 3A