

Menu Diet Atkin

Untuk 7 hari

AMARAN!
DIET IN
PROGRESS

Pagi

Lunch

Malam

1



Scramble Egg



Ayam Grill + Salad



Ayam Goreng

2



Scramble Egg



Lamb Grill + Salad



Ayam Goreng Rempah

3



Scramble Egg



Ayam Goreng



Simple Sup

4



Sosej + Lemon



Salmon Grill



Simple Sup

5



Scramble Egg



Ayam + Salad



Lamb Grill

6



Sosej + Lemon



Salmon + Salad



Ayam Grill + Sos

7



Coleslaw



Salmon + Salad



Ikan Stim

Jangan SKIP atau tak makan malam

Pastikan MENU anda tidak lebih daripada 20g

Hati hati dengan Karbo tersembunyi

Pastikan mental sudah ready dengan cabaran diet (apa plan bila diajak kenduri contoh)

Jangan jaga MAKAN sahaja, tidur tak. Ingat kalau anda tidur lewat, nanti mesti lapar. Jadi tidur awal.

Pilih resepi yang mudah, dan cepat



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SERIOUS
EATS



Segala
Macam **CARA**
Bukan sahaja tips, tapi pengaliran

Menu Diet Atkins Untuk Seminggu Bergambar Segala

RD Boyd



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