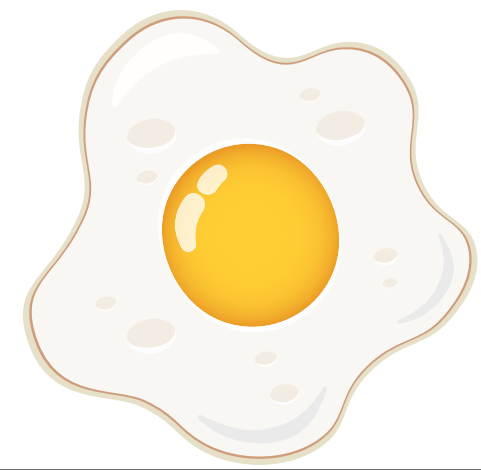


3 Day Egg Diet Plan



| Day | Breakfast | Lunch | Dinner |
|-----|---|---|---|
| 1 | 2 hard-boiled eggs with 1/2 cup of spinach and 1/4 cup of berries | 1 egg omelet with 1 tablespoon of cheese and 1/2 cup of broccoli | 2 hard-boiled eggs with 1 ounce of cheese and 1/2 cup of steamed asparagus |
| 2 | 3 scrambled eggs with 1 tablespoon of butter and 1/2 cup of mushrooms | 1 egg salad sandwich on low-carb bread with 1/4 cup of lettuce and tomato | 2 poached eggs with 1 ounce of cheese and 1/2 cup of steamed Brussels sprouts |
| 3 | 2 fried eggs with 1 tablespoon of coconut oil and 1/2 cup of avocado | 1 egg quiche with 1/2 cup of spinach and 1 ounce of cheese | 2 grilled eggs with 1 ounce of cheese and 1/2 cup of roasted zucchini |