

Sample refeed meal plan

***this meal plan is not “clean” and is loosely based on what my refeed day looks like.**

Meal 1;

Dark chocolate (a higher sugar sweeter flavor/type)
French toast **or** pancake with berries, maple syrup and lemon curd/sauce. Tea and 2 scoops of collagen.

Meal 2;

Scone with jam **or** a cupcake (or 2) or cookies/biscuits.
1/4 up of berries or an apple.

Meal 3;

Medium donair with extra beef, lots and lots of lettuce, green and red onion, and shredded carrots. With chicken bites or shrimp. **Or** 3 tacos and a side of mexican rice with chips and salsa.

Meal 4;

Chips, popcorn, some chocolate **or** candy (gummies).

Beverages;

Lots of water

Electrolytes

Liquid chlorophyll or liquid greens.

Alcohol is **optional** - 2-3 glasses of alcohol.



**Order of meals may vary.*