

# *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.*