



Client: Ibiola Adeoye

7/5/2023

2 week Detox anti inflammatory meal plan. After following this plan for 2 weeks. You will start the next faze of the 4 weeks left in the plan.

Week 1:

AM Supplements:

- AstoFlav Metaburn AM (link below)
- <https://astroflav.com/collections/supplements/products/metaburn-am-fat-burner>
- 2x AstroFlav (link below)
- <https://astroflav.com/collections/supplements/products/2x-fat-loss-metabolism-support>
- 1000mg bergamot

Green Drink

Mix into 32oz water

Lemon juice

2 caps full apple cider vinegar

2 oz Aloe Juice

10g Glutamine

Superfood AstroFlav (link below)

<https://astroflav.com/collections/supplements/products/greens-superfood>

Meal 1:

- 185g egg whites
- 50g spinach
- 5g extra virgin olive oil
- Project AD Ravenous (link below)

- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0
- Project AD Curcumin (link below)

- https://www.projectad.me/products/bcm-95-curcumin-anti-inflammatory-support?_pos=1&_psq=curc&_ss=e&_v=1.0
- Multivitamin AstroFlav (link below)

- <https://astroflav.com/collections/supplements/products/multivitamin-high-bioavailability-vitamins-and-minerals>

- 1300mg betaine HCL w/ pepsin

Meal 2:

- 120g grilled chicken breast
- 100g asparagus
- 5g extra virgin olive oil
- Project AD Ravenous (link below)

- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0

- 1300mg betaine HCL w/ pepsin

Meal 3:

- 120g lean steak
- 100g cucumber
- 5g extra virgin olive oil
- Project AD Ravenous (link below)

- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0

- Project AD Curcumin (link below)
- https://www.projectad.me/products/bcm-95-curcumin-anti-inflammatory-support?_pos=1&_psq=curc&_ss=e&_v=1.0
- Project AD Heart+ (link below)
- https://www.projectad.me/products/heart-cardiovascular-support?_pos=1&_psq=heart&_ss=e&_v=1.0
- 1300mg betaine HCL w/ pepsin

Meal 4 (Pre-Workout):

- 120g white fish
- 100g green beans
- 5g extra virgin olive oil
- Project AD Ravenous (link below)
- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0
- 1300mg betaine HCL w/ pepsin

Intra workout

AstroAmino AstroFlav (link below)

<https://astroflav.com/collections/supplements/products/amino-bcaa-eea>

Meal 5 (Post-Workout):

- 120g whey protein isolate
- 100g sweet potato
- 5g MCT oil
- Project AD Ravenous (link below)
- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0
- Project AD Curcumin (link below)
- https://www.projectad.me/products/bcm-95-curcumin-anti-inflammatory-support?_pos=1&_psq=curc&_ss=e&_v=1.0
- 1300mg betaine HCL w/ pepsin
- Project AD Liver+ (link below)

- https://www.projectad.me/products/liver-™-liver-support?_pos=1&_psq=liver&_ss=e&_v=1.0

Meal 6:

- 120g grilled chicken breast
- 100g zucchini
- 5g extra virgin olive oil
- AstoFlav Metaburn PM (link below)
- <https://astroflav.com/collections/supplements/products/metaburn-pm-sleep-aid-metabolism-support>
- 2x AstroFlav (link below)
- <https://astroflav.com/collections/supplements/products/2x-fat-loss-metabolism-support>
- Magnesium AstroFlav (link below)
- <https://astroflav.com/collections/supplements/products/magnesium>
- Project AD Ravenous (link below)
- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0
- 1300mg betaine HCL w/ pepsin

- Project AD EstroPro+ (link below)

- https://www.projectad.me/products/estro-pro-natural-hormone-modulation-formula?_pos=1&_psq=estro&_ss=e&_v=1.0

- Project AD Fiber (link below)

- <https://www.projectad.me/products/fiber-fiber-supplement>

Total macronutrients and calories for Week 1:

Protein: 157g

Fat: 60g

Carbohydrates: 200g

Calories: 1,428g

Week 2:

Meal 1:

- 185g egg whites
- 50g spinach
- 5g extra virgin olive oil
- AstoFlav Metaburn AM (link below)
- <https://astroflav.com/collections/supplements/products/metaburn-am-fat-burner>
- 2x AstroFlav (link below)
- <https://astroflav.com/collections/supplements/products/2x-fat-loss-metabolism-support>
- Project AD Ravenous (link below)

- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0

- Project AD Curcumin (link below)

- https://www.projectad.me/products/bcm-95-curcumin-anti-inflammatory-support?_pos=1&_psq=curc&_ss=e&_v=1.0

- Multivitamin AstroFlav (link below)

- <https://astroflav.com/collections/supplements/products/multivitamin-high-bioavailability-vitamins-and-minerals>

- 1300mg betaine HCL w/ pepsin

Meal 2:

- 120g grilled chicken breast
- 100g asparagus
- 5g extra virgin olive oil
- Project AD Ravenous (link below)

- https://www.projectad.me/products/ravenous-digestive-support?_pos=1&_psq=raven&_ss=e&_v=1.0

- 10,000iu D3

- Super K (life extension)

- 1300mg betaine HCL w/ pepsin

Meal 3:

- 120g lean steak
- 100g cucumber
- 5g extra virgin olive oil
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- https://www.projectad.me/products/bcm-95-curcumin-anti-inflammatory-support?_pos=1&_psq=curc&_ss=e&_v=1.0
- Project AD Heart+ (link below)
- https://www.projectad.me/products/heart-cardiovascular-support?_pos=1&_psq=heart&_ss=e&_v=1.0
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- 120g whey protein isolate
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- Project AD Curcumin (link below)

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- Project AD Liver + (link below)
- https://www.projectad.me/products/liver-™-liver-support?_pos=1&_psq=liver&_ss=e&_v=1.0

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- 2x AstroFlav (link below)
- <https://astroflav.com/collections/supplements/products/2x-fat-loss-metabolism-support>
- Magnesium AstroFlav (link below)
- <https://astroflav.com/collections/supplements/products/magnesium>
- Project AD Ravenous (link below)
- Project AD Curcumin (link below)
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- 1300mg betaine HCL w/ pepsin
- Project AD EstroPro+ (link below)
- https://www.projectad.me/products/estro-pro-natural-hormone-modulation-formula?_pos=1&_psq=estro&_ss=e&_v=1.0
- Project AD Fiber (link below)
- <https://www.projectad.me/products/fiber-fiber-supplement>

Total macronutrients and calories for Week 2:

Protein: 157g

Fat: 60g

Carbohydrates: 200g

Calories: 1,428g

NOTES

- * 1 gallon of water daily.
- * Zero calorie drinks are fine. As long as you still get a gallon of water in.
- * This meal plan is designed to be anti-inflammatory and may help with reducing body fat and inflammation.
- * AstroFlav supplements links are added. Use temporary discount code PROFX
- * Project AD supplement links are added. Use discount code PROFX20. Ad supplements can also be found on amazon.
- * Other supplements can be found on [amazon.com](https://www.amazon.com)
- * The only oils that may be used on food is the oil specific to the meal. Use non stick cooking spray to cook food.
- * Use zero calorie seasoning. Do not restrict sodium.
- * If you have cravings you may have up to 2 sugar free popsicles

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