

OGX™

7 DAY MEAL PLAN

Introducing ogxFENIX™. It is our exclusive meal replacement shake ready to be mixed with non-fat or partially skimmed milk.

Just choose one of the 3 options for your meal plan. You can change your option every day or adjust to fit your lifestyle needs. To lose weight, replace two meals a day with an ogxFENIX™. Mix 1 scoop (29 g) with 10-8 oz. (300 ml) of non-fat milk or partially skimmed milk and enjoy.

ORGANO

OPTION 1

BREAKFAST

SNACK

LUNCH

MID AFTERNOON

DINNER

Healthy Meal

Pro Meal (Healthy Snack)

ogxFENIX™

Pro Meal (Healthy Snack)

ogxFENIX™

BREAKFAST OPTIONS

- 1 cup greek style yogurt, ½ cup blueberries, ½ cup peach slices, ¼ cup walnut halves
- 1 scrambled egg, 1 piece wheat toast, 1 cup skim milk
- ½ bagel with 2 tsp. cream cheese, 1 medium orange
- 1 cup 2% cottage cheese, 1 cup strawberries
- Oatmeal (no sugar), 1 cup skim milk, 20 raisins, dash of cinnamon
- 3 egg white omelette with ½ cup sliced mushrooms, ¼ cup diced onions, 1 oz./28 g mozzarella and 1 small banana sliced with ½ cup strawberries

OPTION 2

BREAKFAST
SNACK
LUNCH
MID AFTERNOON
DINNER

ogxFENIX™
Pro Meal (Healthy Snack)
Healthy Meal
Pro Meal (Healthy Snack)
ogxFENIX™

LUNCH OPTIONS

- Turkey sandwich with 3 oz./85 g turkey breast, 2 slices wheat bread, 2 tsp. mustard, 1 slice swiss cheese, 1 stalk celery, 1 carrot stick, apple for dessert
- 3 oz./85 g chicken (no skin), 1 medium baked sweet potato, side salad with lemon and 1tbsp. olive oil ½ cup pasta with butter
- 4 oz./113 g salmon, 8 spears asparagus, side salad with 1 tbsp. vinaigrette, 1 cup raspberries
- 1 pork chop, side salad, 1 baked sweet potato with 1 tbsp. butter
- 4 oz./113 g beef sirloin sliced, ½ cup green peppers sliced, ½ cup red peppers sliced, ½ onion sliced, 1 tbsp. olive oil to stir fry, ½ cup cooked rice
- 3 oz./85 g chicken (no skin), ½ cup carrots cooked, side salad with 1 tbsp. of olive oil and lemon, ½ cup pasta with butter.
- 3 oz./85 g grilled ahi tuna with salad (Nicoise), 1 cup green beans

OPTION 3

BREAKFAST
SNACK
LUNCH
MID AFTERNOON
DINNER

ogxFENIX™
Pro Meal (Healthy Snack)
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Pro Meal (Healthy Snack)
Healthy Meal

DINNER OPTIONS

- Chicken stew with 4 oz./113 g white chicken meat, 1 cup vegetable broth, 1 sliced carrot, 1 stalk celery sliced, 1 summer squash sliced, ½ onion diced, ¼ cup green beans, slice of whole grain bread, 1 tsp butter, fruit salad for desert
- Grilled 4oz./114 g fish topped with grilled ½cup bell peppers, ¼ cup onion, and ½ cup eggplant, side salad with 1 tbsp. olive oil with lemon or pesto, ½ cup brown rice, 1 baked apple with dash of cinnamon
- Grilled 6 oz./170 g sirloin steak, side salad with 1 tbsp. olive oil with lemon, 2 cups sautéed mushrooms, ½ cup green beans, 1 small baked potato with 1 tsp. butter, ½ cup fruit for dessert
- 3 oz./85 g chicken (no skin), 1 medium baked sweet potato, side salad with 1 tbsp. olive oil with lemon, ½ cup pasta with butter
- 3 oz./ 85 g pork chop, side salad, 1 baked sweet potato, 1 slice wheat toast with 1 tsp. butter
- 3 oz./85 g chicken, ½ cup carrots cooked, side salad with 1 tbsp. olive oil with lemon, ½ cup pasta with butter
- 4 oz. /113 g Salmon, 8 spears asparagus, side salad with 1 tbsp. olive oil and lemon, 1 cup raspberries