

YOUR DIET PLAN

FISH & MEAT



WELCOME!

You have chosen the Fish & Meat Diet Plan. Included in this plan, you will find 2 LR **FIGUACTIVE** Soups, 2 LR **FIGUACTIVE** Shakes and 1 x LR **FIGUACTIVE** Flakes. With this selection, you are all set for about one month. Of course, you can decide yourself which LR **FIGUACTIVE** products you want to enjoy in the morning and evening. We wish you every success with your **LR BODY MISSION!**

1ST WEEK

DAY 1

MORNING
LR **FIGUACTIVE**
Fruity Strawberry Shake

LUNCH
Ground Meat with Peppers  

EVENING
LR **FIGUACTIVE**
Spicy Curry Soup

DAY 2

MORNING
LR **FIGUACTIVE**
Crusty Raspberry Flakes

LUNCH
Fish in the vegetable nest  

EVENING
LR **FIGUACTIVE**
Soft Vanilla Shake

DAY 3

MORNING
LR **FIGUACTIVE**
Soft Vanilla Shake

LUNCH
Broccoli salad  

EVENING
LR **FIGUACTIVE**
Yummy Veggie Soup

DAY 4

MORNING
LR **FIGUACTIVE**
Fruity Strawberry Shake

LUNCH
Chicken Rice Bowl with Curry and Mango  

EVENING
LR **FIGUACTIVE** Spicy Curry Soup

DAY 5

MORNING
LR **FIGUACTIVE**
Fruity Strawberry Shake

LUNCH
grain pan with minced meat Mexican style  

EVENING
LR **FIGUACTIVE**
Soft Vanilla Shake

DAY 6

MORNING
LR **FIGUACTIVE**
Fruity Strawberry Shake

LUNCH
pollock salad in mustard sauce with potatoes  

EVENING
LR **FIGUACTIVE**
Crusty Raspberry Flakes

DAY 7

MORNING
LR **FIGUACTIVE**
Soft Vanilla Shake

LUNCH
bean pasta with pork tenderloin  

EVENING
LR **FIGUACTIVE**
Yummy Veggie Soup



YOUR SMART COMPANIONS*

Pro Balance: Take 4 tablets after each meal.

Protein Power: For when you're feeling peckish in the evening.

Herbal Fasting Tea: To ensure a sufficient daily intake of liquids.

YOUR DIET PLAN

FISH & MEAT



2ND WEEK

DAY 1

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Hearty noodles with salmon ham  

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 2

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Fish Rolls with Chilli and Orange Rice  

EVENING



LR FIGUACTIVE
Spicy Curry Soup

DAY 3

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Filled Flatbread Doner Style  

EVENING

LR FIGUACTIVE
Soft Vanilla Shake

DAY 4

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Tagliatelle greek style  

EVENING



LR FIGUACTIVE
Spicy Curry Soup

DAY 5

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Chicken Skewers with Couscous  

EVENING



LR FIGUACTIVE
Soft Vanilla Shake

DAY 6

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Fish Burger  

EVENING

LR FIGUACTIVE
Soft Vanilla Shake

DAY 7

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Tacos Stuffed with Chicken  

EVENING

LR FIGUACTIVE
Yummy Veggie Soup



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Protein Power: For when you're feeling peckish in the evening.

Herbal Fasting Tea: To ensure a sufficient daily intake of liquids.

*Dietary supplements are no substitute for a varied and balanced diet and a healthy lifestyle. Some products are not available in certain countries.

YOUR DIET PLAN

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3RD WEEK

DAY 1

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Salmon Bagel  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 2

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

chicory salad  
with crabs and
pumpkin seeds

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 3

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Meatball with  
filled eggplant

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Greek Lamb and Rice  
Dish

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 5

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Fried fish with  
fennel potatoes
and capers

EVENING



LR FIGUACTIVE
Spicy Curry Soup

DAY 6

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

mackerel mousse  
with wholemeal roll

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 7

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Pasta Salad with  
Turkey Breast and
Tangerines

EVENING

LR FIGUACTIVE
Fruity Strawberry Shake



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Protein Power: For when you're feeling peckish in the evening.

Herbal Fasting Tea: To ensure a sufficient daily intake of liquids.

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4TH WEEK

DAY 1

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Hearty Pasta with
Smoked Ham  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 2

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Fish Burger  

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 3

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

potato salad
with crabs  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Salmon tomato
bread  

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 5

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Greek Lamb
fried rice  

EVENING

LR FIGUACTIVE
Yummy Veggie Soup

DAY 6

MORNING

LR FIGUACTIVE
Fruity Strawberry Shake

LUNCH

Salmon Bagel  

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 7

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

chicken pot with
curry and mango  

EVENING

LR FIGUACTIVE
Fruity Strawberry Shake



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Protein Power: For when you're feeling peckish in the evening.

Herbal Fasting Tea: To ensure a sufficient daily intake of liquids.