

YOUR DIET PLAN
VEGAN





WELCOME!

You have chosen the Vegan 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!**

1. WEEK

DAY 1

MORNING
LR **FIGUACTIVE**
Crusty Raspberry Flakes

LUNCH  
Vegan pesto

EVENING
LR **FIGUACTIVE**
Smooth Cocoa Shake

DAY 2

MORNING
LR **FIGUACTIVE**
Smooth Cocoa Shake

LUNCH  
Bean salad with lime dressing

EVENING
LR **FIGUACTIVE**
Yummy Veggie Soup

DAY 3

MORNING
LR **FIGUACTIVE**
Crusty Raspberry Flakes

LUNCH  
Green rice medley

EVENING
LR **FIGUACTIVE**
Yummy Veggie Soup

DAY 4



MORNING
LR **FIGUACTIVE**
Smooth Cocoa Shake

LUNCH  
Crispy cauliflower bake

EVENING
LR **FIGUACTIVE**
Juicy Tomato Soup

DAY 5

MORNING
LR **FIGUACTIVE**
Soft Vanilla Shake

LUNCH  
Crispy courgette fries with dip

EVENING
LR **FIGUACTIVE**
Smooth Cocoa Shake

DAY 6



MORNING
LR **FIGUACTIVE**
Soft Vanilla Shake

LUNCH  
Vegan burger with lentil patty

EVENING
LR **FIGUACTIVE**
Crusty Raspberry Flakes

DAY 7

MORNING
LR **FIGUACTIVE**
Smooth Cocoa Shake

LUNCH  
Lemon dwarves

EVENING
LR **FIGUACTIVE**
Yummy Veggie Soup



YOUR SMART COMPANIONS*

Pro Balance:
Take 4 tablets after each meal.

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

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2. WEEK

DAY 1

MORNING

LR FIGUACTIVE
Smooth Cocoa Shake

LUNCH

Swede stew  

EVENING



LR FIGUACTIVE
Juicy Tomato Soup

DAY 2

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Hearty pancake with mushrooms  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 3

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Baked broccoli with lentils  

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Asian wok-fried vegetables  

EVENING


LR FIGUACTIVE
Smooth Cocoa Shake

DAY 5

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Scarpaccia  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 6

MORNING

LR FIGUACTIVE
Smooth Cocoa Shake

LUNCH

Summer rolls with peanut sauce  

EVENING



LR FIGUACTIVE
Crusty Raspberry Flakes

DAY 7

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Vegan stuffed cabbage leaves  

EVENING

LR FIGUACTIVE
Juicy Tomato Soup



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3. WEEK

DAY 1

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Crispy houmous  

EVENING



LR FIGUACTIVE
Juicy Tomato Soup

DAY 2

MORNING

LR FIGUACTIVE
Smooth Cocoa Shake

LUNCH

Stuffed butternut  

EVENING



LR FIGUACTIVE
Smooth Cocoa Shake

DAY 3

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Mushroom and  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Crispy courgette  

EVENING



LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 5

MORNING

LR FIGUACTIVE
Crusty Raspberry
Flakes

LUNCH

Vegan pesto  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 6

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Burger with  

EVENING



LR FIGUACTIVE
Juicy Tomato Soup

DAY 7

MORNING

LR FIGUACTIVE
Smooth Cocoa Shake

LUNCH

Quick pasta dish  

EVENING

LR FIGUACTIVE
Soft Vanilla Shake



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4. WEEK

DAY 1

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Lentil wraps  

EVENING



LR FIGUACTIVE
Juicy Tomato Soup

DAY 2

MORNING

LR FIGUACTIVE
Crusty Raspberry
Flakes

LUNCH

Vegan chili  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 3

MORNING

LR FIGUACTIVE
Smooth Cocoa Shake

LUNCH

One-pot pasta
with spinach  

EVENING



LR FIGUACTIVE
Juicy Tomato Soup

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Bean salad with
lime dressing  

EVENING

LR FIGUACTIVE
Smooth Cocoa Shake

DAY 5

MORNING

LR FIGUACTIVE
Crusty Raspberry
Flakes

LUNCH

Lemon dwarves  

EVENING



LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 6

MORNING

LR FIGUACTIVE
Smooth Cocoa Shake

LUNCH

Green rice
medley  

EVENING



LR FIGUACTIVE
Juicy Tomato Soup

DAY 7

MORNING

LR FIGUACTIVE
Crusty Raspberry
Flakes

LUNCH

Vegan burger
with lentil patty  

EVENING

LR FIGUACTIVE
Soft Vanilla Shake



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