

## YOUR DIET PLAN

MIX



### WELCOME!

You have chosen the Mixed 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**  
Smooth Cocoa Shake

#### LUNCH

Green & Red  
Risotto  

#### EVENING



LR **FIGUACTIVE**  
Crusty Raspberry Flakes

### DAY 2

#### MORNING

LR **FIGUACTIVE**  
Tasty Caramel Shake

#### LUNCH

Curry Soup  

#### EVENING



LR **FIGUACTIVE**  
Crusty Raspberry Flakes

### DAY 3

#### MORNING

LR **FIGUACTIVE**  
Tasty Caramel Shake

#### LUNCH

Ground Meat  
with Peppers  

#### EVENING

LR **FIGUACTIVE**  
Sweet Potato Soup

### DAY 4

#### MORNING

LR **FIGUACTIVE**  
Smooth Cocoa Shake

#### LUNCH

Colourful Rice  
Bowl and Legumes  

#### EVENING



LR **FIGUACTIVE**  
Crusty Raspberry Flakes

### DAY 5

#### MORNING

LR **FIGUACTIVE**  
Smooth Cocoa Shake

#### LUNCH

Ocean Salmon    
Salad in Mustard Sauce  
with Potatoes

#### EVENING



LR **FIGUACTIVE**  
Tasty Caramel Shake

### DAY 6

#### MORNING

LR **FIGUACTIVE**  
Smooth Cocoa Shake

#### LUNCH

Spelt Pancakes    
with Sesame Seeds and  
Mushrooms

#### EVENING

LR **FIGUACTIVE**  
Crusty Raspberry Flakes

### DAY 7

#### MORNING

LR **FIGUACTIVE**  
Tasty Caramel Shake

#### LUNCH

Chicken Rice  
Bowl with Curry and  
Mango  

#### EVENING

LR **FIGUACTIVE**  
Juicy Tomato 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.



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

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## 2ND WEEK

### DAY 1

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Broccoli Lasagna with Ricotta Cheese  

**EVENING**



LR FIGUACTIVE  
Crusty Raspberry Flakes

### DAY 2

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Burger Stuffed with Eggplant  

**EVENING**



LR FIGUACTIVE  
Sweet Potato Soup

### DAY 3

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Mixed Filled Flatbread  

**EVENING**



LR FIGUACTIVE  
Crusty Raspberry Flakes

### DAY 4

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Potato Salad with Cheese and Pumpkin Seeds  

**EVENING**

LR FIGUACTIVE  
Sweet Potato Soup

### DAY 5

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Fish in a Vegetable Nest  

**EVENING**



LR FIGUACTIVE  
Crusty Raspberry Flakes

### DAY 6

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Chicken Skewers with Couscous  

**EVENING**

LR FIGUACTIVE  
Tasty Caramel Shake

### DAY 7

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Italian Pasta Salad with Rocket  

**EVENING**

LR FIGUACTIVE  
Juicy Tomato Soup



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3RD WEEK

DAY 1

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Hearty Rye Salad  

**EVENING**



LR FIGUACTIVE  
Juicy Tomato Soup

DAY 2

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Potato Bake    
with Feta

**EVENING**



LR FIGUACTIVE  
Crusty Raspberry Flakes

DAY 3

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Ground Meat    
with Peppers

**EVENING**



LR FIGUACTIVE  
Sweet Potato Soup

DAY 4

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Greek Lamb and   
Rice Dish 

**EVENING**



LR FIGUACTIVE  
Juicy Tomato Soup

DAY 5

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Fish Rolls with    
Chilli and Orange Rice

**EVENING**

LR FIGUACTIVE  
Sweet Potato Soup

DAY 6

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Herb Pancake    
with Savory Quark

**EVENING**



LR FIGUACTIVE  
Juicy Tomato Soup

DAY 7

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Grain and    
Ground Meat Bowl  
Mexican Style

**EVENING**

LR FIGUACTIVE  
Crusty Raspberry Flakes



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you're feeling peckish in the  
evening.

**Herbal Fasting Tea:** To ensure  
a sufficient daily intake of  
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**4TH WEEK**

**DAY 1**

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Fresh Tortellini Salad  

**EVENING**



LR FIGUACTIVE  
Sweet Potato Soup

**DAY 2**

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Daal (Indian Lentil Dish) with Yogurt  

**EVENING**



LR FIGUACTIVE  
Juicy Tomato Soup

**DAY 3**

**MORNING**

LR FIGUACTIVE  
Crusty Raspberry Flakes

**LUNCH**

Pasta and Beans with Pork Tenderloin  

**EVENING**



LR FIGUACTIVE  
Tasty Caramel Shake

**DAY 4**

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Calabrian Vegetable Bowl with Baguette  

**EVENING**



LR FIGUACTIVE  
Juicy Tomato Soup

**DAY 5**

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Fish Burger  

**EVENING**



LR FIGUACTIVE  
Crusty Raspberry Flakes

**DAY 6**

**MORNING**

LR FIGUACTIVE  
Smooth Cocoa Shake

**LUNCH**

Potato and Pumpkin Hash Browns with Herb Quark and Apple Dessert  

**EVENING**



LR FIGUACTIVE  
Sweet Potato Soup

**DAY 7**

**MORNING**

LR FIGUACTIVE  
Tasty Caramel Shake

**LUNCH**

Hearty Pasta with Smoked Ham  

**EVENING**

LR FIGUACTIVE  
Juicy Tomato Soup



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