

YOUR DIET PLAN

VEGETARIAN



WELCOME!

You have chosen the Vegetarian 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**
Crusty Raspberry
Flakes

LUNCH

Buckwheat-Leek Salad
with Walnuts



EVENING

LR **FIGUACTIVE**
Soft Vanilla Shake

DAY 2

MORNING

LR **FIGUACTIVE**
Tasty Caramel Shake

LUNCH

Fennel-orange
fresh food



EVENING

LR **FIGUACTIVE**
Yummy Veggie Soup

DAY 3

MORNING

LR **FIGUACTIVE**
Crusty Raspberry
Flakes

LUNCH

Curry Soup with Peas



EVENING

LR **FIGUACTIVE**
Sweet Potato Soup

DAY 4

MORNING

LR **FIGUACTIVE**
Tasty Caramel Shake

LUNCH

Chicory salad
with Orange and
almonds



EVENING

LR **FIGUACTIVE**
Sweet Potato Soup

DAY 5

MORNING

LR **FIGUACTIVE**
Soft Vanilla Shake

LUNCH

Broccolicreme
Soup with egg custard
and sprouts



EVENING

LR **FIGUACTIVE**
Yummy Veggie Soup

DAY 6

MORNING

LR **FIGUACTIVE**
Crusty Raspberry
Flakes

LUNCH

Spelt Pancakes with
Sesame Seeds and
Mushrooms



EVENING

LR **FIGUACTIVE**
Tasty Caramel Shake

DAY 7

MORNING

LR **FIGUACTIVE**
Tasty Caramel Shake

LUNCH

Endive Salad
with Tofu balls



EVENING

LR **FIGUACTIVE**
Soft Vanilla Shake



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
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2ND WEEK

DAY 1

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Mixed Filled Flatbread  

EVENING



LR FIGUACTIVE
Sweet Potato Soup

DAY 2

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Broccoli Lasagna with ricotta  

EVENING



LR FIGUACTIVE
Soft Vanilla Shake

DAY 3

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Potato salad with cheese and pumpkin seeds  

EVENING

LR FIGUACTIVE
Yummy Veggie Soup

DAY 4

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Fresh Tortellini Salad  

EVENING

LR FIGUACTIVE
Sweet Potato Soup

DAY 5

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Colourful Rice Bowl and Legumes  

EVENING


LR FIGUACTIVE
Soft Vanilla Shake

DAY 6

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Gnocchi vegetables  

EVENING



LR FIGUACTIVE
Yummy Veggie Soup

DAY 7

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Italian pasta salad with arugula  

EVENING

LR FIGUACTIVE
Crusty Raspberry Flakes



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.

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3RD WEEK

DAY 1

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Fresh Fare
with Nuts



EVENING

LR FIGUACTIVE
Yummy Veggie Soup

DAY 2

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Colourful
Couscous with Feta



EVENING

LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 3

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Calabrian
Vegetable Bowl
with Baguette



EVENING

LR FIGUACTIVE
Sweet Potato Soup

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Daal (Indian
Lentil Dish) with Yogurt



EVENING

LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 5

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Greek Cucumber
Soup



EVENING

LR FIGUACTIVE
Yummy Veggie Soup

DAY 6

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Oat Fresh grain
muesli



EVENING

LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 7

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Potato Bake
with Feta



EVENING

LR FIGUACTIVE
Soft Vanilla Shake



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.

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4TH WEEK

DAY 1

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Potato and  
Pumpkin Hash Browns
with Herb Quark and
Apple Dessert

EVENING



LR FIGUACTIVE
Sweet Potato Soup

DAY 2

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Hearty Rye  
Salad

EVENING



LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 3

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Button  
Mushroom and
Cheese Salad

EVENING

LR FIGUACTIVE
Yummy Veggie Soup

DAY 4

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Green & Red  
Risotto

EVENING



LR FIGUACTIVE
Crusty Raspberry
Flakes

DAY 5

MORNING

LR FIGUACTIVE
Tasty Caramel Shake

LUNCH

Bean Stew  
with Prunes

EVENING



LR FIGUACTIVE
Sweet Potato Soup

DAY 6

MORNING

LR FIGUACTIVE
Crusty Raspberry Flakes

LUNCH

Herb Pancake  
with Savory Quark

EVENING



LR FIGUACTIVE
Soft Vanilla Shake

DAY 7

MORNING

LR FIGUACTIVE
Soft Vanilla Shake

LUNCH

Potato Sprout  
Salad

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.