

Complete 14 Day Boiled Egg Diet

Day 1:-

Breakfast: 2 Boiled Eggs and whole wheat bread with Peanut Butter

Lunch: Sliced Green lettuce with Chopped Eggs; sliced Cheery Tomato with Chopped Avocado in it.

Snacks: 2 bananas

Dinner: Salmon baked with 2 boiled eggs

Day 2:-

Breakfast: Whole wheat Toast with Herbal Tea, 3 Boiled Eggs

Lunch: Quinoa Salad, Boiled Eggs with Diced Bell Pepper

Snacks: 2 Apples

Dinner: Grilled steak with 3 Boiled Eggs.

Day 3:-

Breakfast: 3 Boiled Eggs, 2 Bananas & Green Tea

Lunch: Green Salad (mixed), 2 fried Omelets, Sliced Avocado.

Snacks: 2 Almonds, 3 Walnuts & 2 Cashews

Dinner: Zucchini noodles with 3 Boiled Eggs

Day 4:-

Breakfast: 2 Boiled Eggs, lemon tea, Brown bread with Peanut Butter

Lunch: 3 Boiled Eggs, mixed Salad with Dressing

Snacks: Mixed Sprouts, 70–100 g

Dinner: Plain Noodles with Sauce

Day 5:-

Breakfast: 2 Bananas with Green Tea

Lunch: Chicken Gravy with 3 Boiled Eggs

Snacks: Yogurt with Cashew

Dinner: Steamed Broccoli, Chicken Breast (grilled), Boiled Eggs.

Day 6:-

Breakfast: 2 Boiled Eggs & Whole wheat Bread with Peanut Butter

Lunch: Quinoa Salad, Boiled Eggs with Diced Bell Pepper

Snacks: 2 Almonds, 3 Walnuts, and 2 Cashews

Dinner: Plain Noodles with Sauce

Day 7:-

Breakfast: Whole wheat toast with Herbal tea, 3 Boiled Eggs

Lunch: sliced green lettuce with chopped eggs, sliced cheery tomato with chopped avocado in it.

Snacks: Banana Milkshake

Dinner: Grilled Steak with 3 Boiled Eggs

Day 8:-

Breakfast: 2 bananas with Green Tea

Lunch: Green Salad (mixed), 2 Fried Omelets, Sliced Avocado.

Snacks: 2 apples

Dinner: Salmon baked with 2 boiled eggs

Day 9:-

Breakfast: Orange Juice, Boiled Eggs

Lunch: Chicken Grilled with Butter, Omelet Fry

Snacks: 4 Almonds, 3 Cashews, and 2 Walnuts

Dinner: Mixed Salad with 2 Boiled Eggs.

Day 10:-

Breakfast: Lemon Tea, Brown Bread with Normal Butter

Lunch: 3 Boiled Eggs, Quinoa Salad with Dressing.

Snacks: 2 apples

Dinner: Roasted Asparagus with 2 Boiled Eggs

Day 11:-

Breakfast: 2 bananas, 2 boiled eggs, and green tea

Lunch: Green Salad, Avocado (sliced), & Cherry Tomatoes.

Snacks: Boiled Sprouts

Dinner: Steamed Broccoli, Chicken Breast (grilled), Boiled Eggs.

Day 12:-

Breakfast: 2 Boiled Eggs, Coconut Water.

Lunch: Omlett Fry with Diced Bell Pepper.

Snacks: Chicken Gravy with 2 Boiled Eggs

Dinner: 1 Boiled Egg with a leafy Salad, Salmon Baked

Day 13:-

Breakfast: 2 Boiled Eggs with Herbal Tea.

Lunch: Avocado with Mixed salad, 2 fried Omelets

Snacks: Lemon Juice

Dinner: Grilled Steak with 2 Boiled Eggs

Day 14:-

Breakfast: Orange Juice with 3 boiled Eggs

Lunch: Mixed Salad with 2 Boiled Eggs, Brown Rice with Curd

Snacks: Yogurt with Pistachio

Dinner: Grilled Chicken (breast), 2 boiled eggs with Sausage

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Diet plan by www.leafydo.com