

OGGXTM

7 DAY MEAL PLAN

Introducing OGXFENIXTM. It is our exclusive meal replacement shake ready to be mixed with non-fat or partially skimmed milk.

Just choose one of the 3 options for your meal plan. You can change your option every day or adjust to fit your lifestyle needs. To lose weight, replace two meals a day with an OGXFENIXTM. Mix 1 scoop with 8-10 oz. (300 ml) of non-fat milk or partially skimmed milk and enjoy.

ORGANO

OPTION 1

BREAKFAST
SNACK
LUNCH
MID AFTERNOON
DINNER

Healthy Meal
Pro Meal (Healthy Snack)
OGXFENIXTM
Pro Meal (Healthy Snack)
OGXFENIXTM

BREAKFAST OPTIONS

- 1 cup oatmeal arroz caldo
- 1 scrambled egg, 1 piece wheat toast, 1 cup skim milk
- ½ bagel with 2 tsp. butter, 1 medium orange
- 3oz./85 g lean chicken tocino, 1 scrambled egg
- Oatmeal (no sugar), 1 cup skim milk, 20 raisins, dash of cinnamon
- 3 egg white omelette with ½ cup sliced mushrooms, ¼ cup diced onions, 1 oz./28 g mozzarella and 1 small banana sliced with ½ cup strawberries
- 1 whole wheat pandesal with ham and cheese

OPTION 2

BREAKFAST
SNACK
LUNCH
MID AFTERNOON
DINNER

OGXFENIX™
Pro Meal (Healthy Snack)
Healthy Meal
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LUNCH OPTIONS

- ½ cup cooked rice topped with 3 oz./85 of chicken and ½ cup vegetables
- 3 oz./85 g chicken (no skin), 1 medium baked sweet potato, side salad with lemon and 1tbsp. olive oil, ½ cup pasta with butter
- 4 oz./113 g salmon, 8 spears broccoli, side salad with 1 tbsp. vinaigrette, 1 cup grapes
- 1 pork chop, side salad, ½ cup brown rice with 1 tbsp. butter
- 4 oz./113 g pork tenderloin sliced, ½ cup green peppers sliced, ½ cup red peppers sliced, ½ onion sliced, 1 tbsp. olive oil to stir fry, ½ cup cooked rice
- 3 oz./85 g chicken (no skin), ½ cup carrots cooked, side salad with 1 tbsp. of olive oil and lemon, ½ cup red rice
- 3 oz./85 g grilled tilapia with simple greens, 1 cup green beans

OPTION 3

BREAKFAST
SNACK
LUNCH
MID AFTERNOON
DINNER

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Healthy Meal

DINNER OPTIONS

- 4 oz./113 g white chicken adobo on ½ cup rice
- Grilled 4 oz./113 g fish topped with grilled ½ cup bell peppers, ¼ cup onion, and ½ cup eggplant, side salad with 1 tbsp. olive oil with lemon or pesto, ½ cup brown rice, 1 baked apple with dash of cinnamon
- Grilled 6 oz./170 g sirloin steak, side salad with 1 tbsp. olive oil with lemon, 2 cups sautéed mushrooms, ½ cup green beans, ½ cup brown rice, ½ cup fruit for dessert
- 4 oz./113 g boneless tilapia on ½ cauliflower rice
- 3 oz./85 g pork chop, side salad, ½ cup red rice
- ½ cup cooked brown rice topped with 4 oz./113 g of chicken and ½ cup vegetables
- 4 oz./113 g salmon, 8 spears broccoli, side salad with 1 tbsp. vinaigrette, 1 cup grapes