

**22**day  
NoSugar  
Challenge



Abundance  
360

**22**day  
NoSugar  
Challenge



**1st Week**

MEAL PLAN

# 1st Week

MEAL PLAN



NutriShark.  
PREMIUM MEMBERSHIP



WEEK 1

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## BREAKFAST

7:00 am

## LUNCH

1:00 pm

## DINNER

7:00 pm

- Fried eggs with bacon



- Grilled wild salmon  
- Grilled asparagus with butter



- Grilled burgers  
- Mashed avocado



- Scrambled eggs with smoked salmon



- Baked ribs  
- Bone broth



- Sautéed shrimps with butter



- Omelette with ground beef



- Baked mahi mahi  
- Bone broth



- Smoked salmon carpaccio with parmesan cheese, olive oil, lemon and olives



- Omelette with tuna



- Grilled chicken with ghee or butter  
- Avocado  
- Bone broth



- Grilled meat with butter



- Fried eggs with bacon  
- Avocado



- Grilled salmon  
- Mashed cauliflower



- Sautéed mushrooms with bacon



- Omelette with sardines



- Grilled steak and shrimps with butter



- Bacon wrapped chicken skewers



- Scrambled eggs  
- Grilled meat



- Baked chicken thighs with butter  
- Bone broth



- Avocado stuffed with chicken



You can skip your dinner whenever you want!



Drink water depending on your thirst



Walk every day 30 min and get sun exposure



Go to sleep at least 3 hours after dinner



Sleep for at least 6 hours



## Shopping list suggestions

VEGETABLES & others	PROTEINS & others	FATS & others
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Avocado</li> <li>• Cauliflower</li> <li>• Lemon</li> <li>• Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Chicken</li> <li>• Chicken thighs</li> <li>• Eggs</li> <li>• Grass fed beef</li> <li>• Ground beef</li> <li>• Mahi mahi</li> <li>• Ribs</li> <li>• Sardines</li> <li>• Shrimps</li> <li>• Smoked salmon</li> <li>• Tuna</li> <li>• Wild salmon</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon fat</li> <li>• Butter</li> <li>• Coconut oil</li> <li>• Duck fat</li> <li>• Ghee</li> <li>• Olive oil</li> </ul> <p>Others:</p> <ul style="list-style-type: none"> <li>• Parmesan cheese</li> <li>• Olives</li> </ul>
Seasoning	You can use any natural seasoning: sea salt, dill, ginger, garlic, coriander, parsley, basil, rosemary, turmeric, etc.	

### IMPORTANT:

These are suggested foods you could buy based on this meal plan. We have not placed quantities so that you can modify and adapt them according to your preferences, objective or goals.



## Smart changes in your meal plan

If you do not find or there is no food available, you can replace it with another that you find within the same plan. Here are some suggestions for you to choose an option:

-> **PROTEINS:** Chicken, grass fed meat, turkey, pork, fish, shellfish, eggs, beef liver, lamb, ribs, etc.

-> **VEGETABLES:** Any other that you find available and seasonal in your country

-> **FATS:** Olive oil, coconut oil, duck fat, butter, ghee, avocado, olives, Serrano ham, bacon, pork belly