

## The Hard Boiled Egg diet

So you've decided to start the Hard Boiled egg diet! Great. This diet will help you to lose up to 24 pounds in two short and painless weeks. Make sure you follow the recommended diet plan exactly to point. Always remember not to eat between the meals and it is strongly advised that you first do at least a [5-day red tea detox \(link here\)](#) for optimal results. In order to keep this pdf diet plan printer friendly, for those of you that want to stick it on your fridge, the full diet menu can be found on the next page on the document. In the meantime, if you want to access the original article on the web follow this link:

<https://healthhead.com/hard-boiled-egg-diet/>. On our website you can find some suggested recipes as well, in case you find yourself not knowing what to prepare for the upcoming meal. Feel free to drop us an e-mail/comment if you have any questions or just want to show us your before and after pictures and get featured on our website. Scroll down to the next page for the full diet plan.

## The 2 week HARD BOILED EGG plan

	Breakfast	Lunch	Dinner
Monday	2 hard boiled eggs and 1 fruit	2 slices of brown bread and 1 fruit (any kind)	bowl of salad and chicken
Tuesday	2 hard boiled eggs and 1 fruit (preferably citric)	chicken and any green vegetable salad	2 hard boiled eggs, 1 orange (or other citric fruit) and veggie salad
Wednesday	2 hard boiled eggs and 1 fruit (preferably citric)	low fat cheese, 1 slice of bread, 1 tomato	chicken and veggie salad
Thursday	2 hard boiled eggs and 1 fruit (preferably citric)	fruit salad	chicken and veggie/fruit salad
Friday	2 hard boiled eggs and 1 fruit (preferably citric)	steamed veggies and 2 hard boiled eggs	fish and salad (add garlic to taste)
Saturday	2 hard boiled eggs and 1 fruit (preferably citric)	fruit salad	steamed veggies and chicken
Sunday	2 hard boiled eggs and 1 fruit (preferably citric)	steamed chicken, steamed veggies, tomato salad	steamed veggies
Monday	2 hard boiled eggs and 1 fruit (preferably citric)	chicken and veggie salad	veggie salad, 1 fruit (preferably citric), 2 hard boiled eggs
Tuesday	2 hard boiled eggs and 1 fruit (preferably citric)	steamed veggies and 2 hard boiled eggs	fish and salad
Wednesday	2 hard boiled eggs and 1 fruit (preferably citric)	chicken and salad	veggie salad, 1 orange, 2 hard boiled eggs
Thursday	2 hard boiled eggs and 1 fruit (preferably citric)	steamed veggies, low fat cheese, 2 hard boiled eggs	steamed chicken and fresh veggie salad
Friday	2 hard boiled eggs and 1 fruit (preferably citric)	tuna salad (can include eggs, onion, mustard, veggies but not mayonnaise)	salad and 2 hard boiled eggs
Saturday	2 hard boiled eggs and 1 fruit (preferably citric)	steamed chicken and fresh veggie salad	fruit salad/bowl
Sunday	2 hard boiled eggs and 1 fruit (preferably citric)	steamed chicken and steamed veggies	same as lunch or 2 hard boiled eggs with fresh veggies