

# WHAT DOES A DAY ON 28 LOOK LIKE?

## WORKOUT WITH ME

For 28 minutes a day



**BEGINNER**

**INTERMEDIATE**

**ADVANCED**

## MEALS

### BREAKFAST



BERRY YUMMY  
SMOOTHIE

### LUNCH



BANH MI ROLL

### DINNER



BURRITO BOWL

### SNACKS



PROTEIN BALL /  
SAUSAGE ROLLS

I will support you  
in real time every  
step of the way

Love,

Sam  
xx



**LOST 26 KG**



**LOST 49 KG**

