

A TYPICAL WEEK

Weight loss (1200-1400 Calories Per Day)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Break fast	Queen of the day Muesli,banana,low-fat milk,almonds,cashewnuts,wallnuts ,strawberry,blueberries	Avo fitness Made with omega3 egg avocado, tomato,low-fat cheese,brown toast	Healthy muesli pan nuts cake Muesli,blueberries,honey,almonds, cashewnuts,wallnuts,strawberry	Scrambled egg with mash Omega3 egg, steak celery, tomato's, onion,mashed potato's,low-fat cream	Mighty life Grilled halloumi,omega3 egg, iceberg lettuce,avocado,low-fat cheese	Exotic fruit bowl Low-fat yogurt,muesli, pineapple, blueberries, Pomegranate, kiwi, cashewnuts,almonds,wallnuts, brown sugar
Lunch	Yoyo salmon 'n'rice Grilled salmon steak, mushroom, low-fat cream,brown/white rice, mix veggies	Yogurt chicken 'n' rice Low-fat yogurt,chicken,onion,ginger, turmeric,white rice,mix veggies	Crocpot-stirry strips Grilled beef steak,bellpepper, BBQ, steak sauce, mixed herbs	Fit fat biriyani Tomato,coriander,mint, chicken cubes, onion,mixed herbs, ginger, garlic	Mix beans shrimps quinoa salad Grilled shrimps,quinoa,cucumber, beans,Italian seasoning,mixed herbs,parseley leaves	Chicken skillet 'n' rice Chicken slices,bell pepper, garlic, bbq sauce,mixed herbs, sage, white rice, mix veggies
snack	Mixed Fruits salad kiwi,watermelon and strawberries	Feta cubes with cucumber	Juicy chopped watermelon , sweet melon	Steamed corn 'n' cob	Pineapple cubes	All well creamy Broccoli, sweetcorn
Dinner	Provit chicken chopped salad Grilled chicken,iceberg lettuce, redkidney beans,sweetcorn, avocado,cherry tomato,cucumber	Sea food soup Squid,whitefish,shrimps,mussels, mushroom,broccoli,low-fat cream	Balsamic glazed salmon Grilled salmon,balsamic vinegar, baby spinach,grapes,cherry tomato's, lemon	Grilled chicken veggie salad Grilled chicken,broccoli,carrot,green beans,black pepper,garlic	Royal club Iceberg lettuce,cucumber,tomato, chicken slices,avocado,low-fat cheese	Fillet mignon roast Grilled beef steak,iceberg lettuce, carrots,grapes,cucumber,gerger leaves, spinach,low-fat cream
juice	Fresh orange juice	Fresh pineapple juice	Relishing night Watermelon,grapes,berry's	Cocktail Mixed fruits	Fresh Pomegranate juice	Fresh kiwi Juice