

A TYPICAL WEEK

Weight management (1500-1800 Calories Per Day)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Meal-1	Eggo omelette pizza Omega3 egg,black olives,green olives,tomato,bellpepper,mozzarella cheese	King of the day Muesili,banana,low-fat milk,almonds, cashewnuts,wallnuts,strawberry, blueberries	Eggos savory Omega3 egg, broccoli,grilled sweet potato,brown toast	Pro-pack ciabatta Turkish breast,iceberg lettuce,grilled chicken, avocado,spinach,low-fat cheese	Mighty life Grilled halloumi,omega3 egg, iceberg lettuce,low-fat cheese	Healthy muesili pan nuts cake Muesili,blueberries,honey, almond,cashewnuts,wallnuts, peanut butter
Meal-2	Grilled chicken steak 'n' rice Grilledchicken,carrot,bellpepper,- lemon,organo leaves,brown/white rice,mix veggies	Grilled salmon steak 'n' rice Grilled salmon,coriendor,lemon, spinach,garlic,brown/white rice,mix veggies	Yoyo chicken 'n' rice Chicken cubes,Low-fat cream,garlic, pepper,onion,ginger,bwron/white rice,mix veggies	Grilled beef steak 'n' rice Grilled beef steak,BBQ,black pepper, lemon,garlic,steak sauce brown/white rice mix veggies	Brownies veggies chicken Grilled chicken,seasoning broccoli.bell pepper,mixed herbs,brown rice,mix veggies	Grilled whitefish 'n'mash Mashed potato's, black pepper, lemon,low-fat cream,garlic,lemon
Meal-3	Seafood mushroom broccoli Squid,whitefish,shrimps,mussels, mushroom,broccoli,low-fat cream	Provit chicken chopped salad Grilled chicken,iceberg lettuce, redkidney beans,sweetcorn,avocado, cherry tomato,cucumber	Fillet mignon Roast Grilled beef steak,iceberg lettuce, carrots,grapes,cucumber,gerger leaves,spinach,low-fat cream	Grilled chicken chilli 'n' salad Grilled chicken, sweetcorn,cucumber, couli,bell pepper,pepper,garlic	Caesar salad Grilled chicken,iceberg lettuce,brown bread toast,parmesan cheese, avocado	Rustic garlic chicken 'n' rice Grilled chicken,bell pepper, garlic,tomato,green beans, brown/white rice, mix veggies
Meal-4	Grilled chicken veggie salad Grilled chicken,broccoli,carrot,green beans,black pepper,garlic	Grilled beef steak mushroom broccoli Grilled beef steak,mushroom, broccoli,low-fat cream,pepper,garlic	Grilled chicken penne pasta Grilled chicken steak,crushed garlic,mixed herbs, black pepper, garlic,sage low-fat cream	Balsamic glazed salmon Grilled salmon,balsamic vinegar,baby spinach,grapes,cherry tomato's,lemon, seasonings	Protein steak tuna Tuna cubes,iceberg lettuce,black olives,green olives,cucumber, tomato's, sweet corn,pickles,spinach, gergerleaves	Backed chicken bean salad Grilled chicken,couli flower,carrots, lemon,green beans,low-fat cream,mixed herbs
Snack	Sweet potato	Mash potato	Steamed broccoli	Steamed corn 'n' cob	Backed potato wedges	Mix veggies salad