

*The link from your mind
to your goals*

VITA YOURS

Week One Nutritional Program

Monday

Breakfast 8:00-8:30

3 Scrambled Egg Whites, with water or skim milk 1 large grapefruit 30mins prior to eating the egg whites or have after.

11am

A handful of Almonds.

Lunch 12:30-13:00

Turkey with salad, 1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries.

Snack

Cheese.

Dinner 18:30-19:00

Spicy Chicken Salad (and Pasta if you have worked out) Side Salad and 2 spoons of Olive Oil Salad Dressing.

Tuesday

Breakfast 8:00-8:30

2 Tbsp of Peanut Butter with 1 piece of toast

1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

Smoothie (Avocado, Protein, Coconut Water)

Lunch 12:30-13:00

1 Spicy Chicken and Pasta

Snack

Seeds and Greek Yogurt

Dinner 18:30-19:00

Miso Soup and Poached Salmon

2 cups of broccoli

Wednesday

Breakfast 8:00-8:30

Lean Eggs and Ham

1 large grapefruit

Snack

A Handful of Almonds

Lunch 12:30-13:00

Black Bean and Cheese Burrito

1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

2 Pieces of cheese (Cheddar for example)

Dinner 18:30-19:00

Veggie Burger and bun

Salad with 4 Tbsp Olive Oil/vinegar dressing

1 serving of sweet potato fries

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Thursday

Breakfast 8:00-8:30

Berries and Gluten Free Pancakes
Seeds and Greek Yoghurt

Snack

15 Snap Peas
2 Tbsp of Hummus

Lunch 12:30-13:00

Cottage Cheese, 2 Slices of Ham
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries
2 Pieces of cheese (Cheddar for example)

Dinner 18:30-19:00

Steamed Fish with Pesto
1 cup of brown rice
2 cups of broccoli

Friday

Breakfast 8:00-8:30

Seeds and Greek Yoghurt
1 large grapefruit

Snack

1 Luna Bar

Lunch 12:30-13:00

Salad with Ham, Chicken, Tomato and Cucumber add some seeds and dressing if you like
Handful of almonds

Snack

Raw Carrots Grated, Raw Pepper Sliced, Cucumber Sliced
4 Tbsp of hummus

Dinner 18:30-19:00

Chicken Spinach Parma Ham
1 cup of brown rice
2 cups of peas

Saturday

Breakfast 8:00-8:30

Ham or Vegetable Omelet
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

2 Pieces of cheese (Cheddar for example)

Lunch 12:30-13:00

Turkey Salad
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

Tomatoes (cut)
2 Tbsp of Hummus

Dinner 18:30-19:00

Quick Lemon Chicken with Rice
2 cups of broccoli

Snack

Smoothie (Naked smoothie or Protein smoothie)

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Sunday

Breakfast 8:00-8:30

Ham or Vegetable Omelet

1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

Raw Carrots Grated, Raw Pepper Sliced, Cucumber Sliced

2 Tbsp of Hummus

Lunch 12:30-13:00

Eat Out

Snack

Seeds and Greek Yoghurt

Dinner 18:30-19:00

Penne with Chicken or Rice Noodles with Chicken

2 cups of broccoli