

The link from your mind  
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VITA YOURS

## Week Two 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**

1 Egg White 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 Egg White Omelette  
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 Egg White 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