

*The link from your mind
to your goals*

VITA YOURS

Monday

Breakfast 8:00-8:30

Ham or Vegetable Egg White Omelette
1 large grapefruit

Snack

Marks and Spencer mini popcorn 75KCAL

Lunch 12:30-13:00

Mediterranean Hummus Wrap
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

Seeds and Greek Yoghurt

Dinner 18:30-19:00

Whole Wheat Pasta with Vegetables
2 cups of broccoli

Snack

1 Skinny Cow ice cream OR Yoo Moo Frozen Yoghurt

Tuesday

Breakfast 8:00-8:30

Giant Omelet Scramble
1 large grapefruit

Snack

2 Pieces of cheese (cheddar for example)

Lunch 12:30-13:00

1 Whole Wheat Pasta with Vegetables
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Snack

Handful of almonds

Dinner 18:30-19:00

Tofu Stir-Fry
cup of brown rice

1

Wednesday

Breakfast 8:00-8:30

Belly-Stuffing Peanut Butter Oatmeal
1 large grapefruit

Snack

2 Pieces of cheese (cheddar for example)

Lunch 12:30-13:00

1 Tofu Stir-Fry
1 cup of brown rice

Snack

Seeds and Greek Yoghurt

Dinner 18:30-19:00

Chicken Spinach Parma Ham
2 cups of broccoli
Salad with 2 Tbsp olive oil/vinegar dressing

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Thursday

Breakfast 8:00-8:30

Lean Eggs and Ham
1 large grapefruit

Snack

Seeds and Greek Yoghurt
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

Lunch 12:30-13:00

Cottage Cheese, 2 Slices of Ham

Snack

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

Gluten Free toast with butter or margarine

Snack

1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries
Smoothie (Avocado, Protein, Coconut Water)

Lunch 12:30-13:00

Salad with Ham, Chicken, Tomato and Cucumber add some seeds and dressing if you like
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
2 Pieces of cheese (cheddar for example)

Dinner 18:30-19:00

Miso soup and Poached Salmon
Salad with 2 Tbsp olive oil/vinegar dressing

Saturday

Breakfast 8:00-8:30

2 Tbsp of peanut butter with 1 piece of whole-grain toast
1 large grapefruit

Snack

Handful of almonds

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

2 Pieces of cheese (cheddar for example)

Dinner 18:30-19:00

Eat Out

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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

1 Luna Bar

Lunch 12:30-13:00

Black Bean and Cheese Burrito

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

Snack

Smoothie (Avocado, Protein, Coconut Water)

Dinner 18:30-19:00

Grilled Lemon and Lime Chicken or alternatively Nandos dressing with Chicken

Salad with 2 Tbsp olive oil/vinegar dressing

Snack

Smoothie (Naked smoothie or Protein smoothie)