

*The link from your mind
to your goals*

VITA YOURS

Week Four Nutritional Program

Monday

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

Whole Wheat Pasta with Vegetables

Salad with 2 Tbsp olive oil/vinegar dressing

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

Miso soup and Poached Salmon

1 cup of brown rice

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Wednesday

Breakfast 8:00-8:30

Berries and Gluten Free Pancakes
1 large grapefruit

Snack

Seeds and Greek Yoghurt
Raw Carrots Grated, Raw Pepper Sliced, Cucumber Sliced

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

Tofu Stir-fry
2 cups of broccoli
1/2 cup of brown rice

Snack

1 Skinny Cow ice cream OR Yoo Moo Frozen Yoghurt

Thursday

Breakfast 8:00-8:30

Belly-Stuffing Peanut Butter Oatmeal
1 large grapefruit

Snack

Seeds and Greek Yoghurt

Lunch 12:30-13:00

1 Tofu Stir-fry
2 cups of broccoli

Snack

Handful of almonds
Raw Carrots Grated, Raw Pepper Sliced, Cucumber Sliced

Dinner 18:30-19:00

Chicken Spinach Parma Ham
1/2 cup of brown rice

Snack

1 Skinny Cow ice cream OR Yoo Moo Frozen Yoghurt

Friday

Breakfast 8:00-8:30

Giant Omelet Scramble
Seeds and Greek Yoghurt

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

Dinner 18:30-19:00

Veggie Burger and bun
Salad with 2 Tbsp olive oil/vinegar dressing
1 serving of sweet potato fries

Snack

2 Pieces of cheese (cheddar for example)

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Saturday

Breakfast 8:00-8:30

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

Snack

Tomatoes (cut)
2 Tbsp of hummus

Lunch 12:30-13:00

Mediterranean Hummus Wrap

Snack

Seeds and Greek Yoghurt
Handful of almonds

Dinner 18:30-19:00

Eat Out

Sunday

Breakfast 8:00-8:30

Gluten Free toast with butter or margarine
1 large grapefruit

Snack

2 Pieces of cheese (cheddar for example)

Lunch 12:30-13:00

Eat Out

Snack

Marks and Spencer mini popcorn 75KCAL

Dinner 18:30-19:00

Steamed Fish with Pesto
2 cups of broccoli
Salad with 2 Tbsp olive oil/vinegar dressing

Snack

Smoothie (Naked smoothie or Protein smoothie)