

The link from your mind  
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VITA YOURS

## Week Five 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

Seeds and Greek Yoghurt

#### Snack

Handful of almonds

#### 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

#### Dinner 18:30-19:00

Penne with Chicken or Rice Noodles with Chicken if you are on stage 2

2 cups of broccoli

#### Snack

2 pieces of string cheese

### Wednesday

#### Breakfast 8:00-8:30

Ham or Vegetable Omelet

Seeds and Greek Yoghurt

#### Snack

2 Pieces of cheese (cheddar for example)

#### Lunch 12:30-13:00

Penne Pasta with Chicken or Rice Noodles with Chicken if you are on stage 2

2 cups of broccoli

#### Snack

Raw Carrots Grated, Raw Pepper Sliced, Cucumber Sliced

2 Tbsp of hummus

#### Dinner 18:30-19:00

Steamed Fish with Pesto

Salad with 2 Tbsp olive oil/vinegar dressing

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## **Thursday**

### **Breakfast 8:00-8:30**

3 Scrambled Eggs  
1 large grapefruit

### **Snack**

1 cup snap peas  
2 Tbsp of hummus

### **Lunch 12:30-13:00**

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

### **Snack**

Handful of almonds  
Seeds and Greek Yoghurt

### **Dinner 18:30-19:00**

Tofu Stir-Fry  
2 cups of broccoli  
1 cup of brown rice

## **Friday**

### **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  
2 cups of broccoli

### **Dinner 18:30-19:00**

Quick Lemon Chicken with Rice  
1 serving of sweet potato fries

### **Snack**

Raw Carrots Grated, Raw Pepper Sliced, Cucumber Sliced

## **Saturday**

### **Breakfast 8:00-8:30**

2 Tbsp of peanut butter with 1 piece of whole-grain toast  
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

### **Snack**

Tomatoes (cut)  
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**

Handful of almonds

### **Dinner 18:30-19:00**

Eat Out

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## **Sunday**

### **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)