

*The link from your mind  
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**VITA YOURS**

## Week Six Nutritional Program

### Monday

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

3 Scrambled Eggs  
1 large grapefruit

#### **Snack**

Smoothie (Avocado, Protein, Coconut Water)

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

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

#### **Snack**

1 Lärabar

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

Miso soup and Poached Salmon  
1 cup of brown rice

### Tuesday

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

Gluten Free toast with butter or margarine  
1 Fruit or Smoothie with protein powder and Avocado or Fruit and Berries

#### **Snack**

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**

Grilled Lemon and Lime Chicken or alternatively Nandos dressing with Chicken  
Salad with 2 Tbsp olive oil/vinegar dressing  
1 serving of sweet potato fries

### Wednesday

#### **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

#### **Snack**

2 Pieces of cheese (cheddar for example)

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

Veggie Burger and bun  
Salad with 2 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

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

### **Snack**

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**

Whole Wheat Pasta with Vegetables

Salad with 2 Tbsp olive oil/vinegar dressing

## Friday

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

Lean Eggs and Ham

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**

Quick Lemon Chicken with Rice

2 cups of broccoli

2 cups of peas

## Saturday

### **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 Quick Lemon Chicken with Rice

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

### **Snack**

Handful of almonds

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

Chicken Spinach Parma Ham

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**

1 Luna Bar

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

Eat Out

### **Snack**

Smoothie (Avocado, Protein, Coconut Water)

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

Steamed Fish with Pesto

Salad with 2 Tbsp olive oil/vinegar dressing

### **Dessert**

1 Skinny Cow ice cream OR Yoo Moo Frozen Yoghurt