



SUGGESTION 1

MONDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Cereal with milk Orange juice	Nuts Fruits	Rice Chicken sandwich	Yogurt with raspberries	Soup



TUESDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Avocado toast with eggs Milk	Oatmeal with milk	Bean and tomato salad	Biscuits	Oven-baked potatoes and salmon



WEDNESDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Yogurt Boiled eggs	Fruits(Apple)	Tangy veggie wrap	Smoothie	Shepherd's Pie



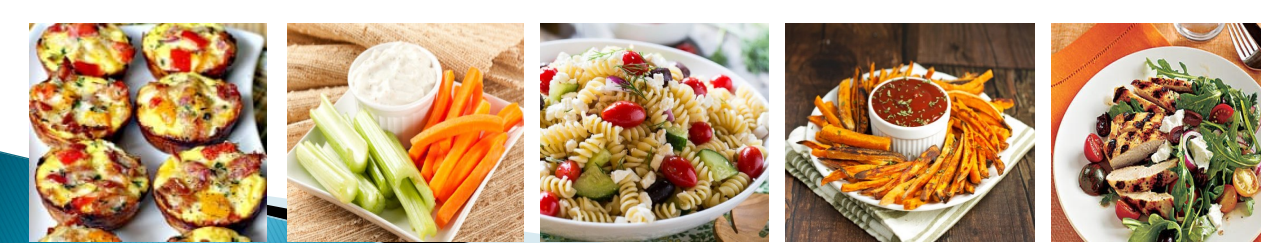
THURSDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Cereal with milk Fruits	Pretzel Chips	Moussaka	Bagel with Ricotta	Pasta with shrimps



FRIDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Egg muffins Natural Juices	Celery and carrot sticks with hummus	Pasta salad	Sweet potato fries	Grilled chicken with tomato salad



SATURDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Zucchini and banana muffins Apple juice	Apple chips	Roasted tomato and vegetable soup	Broccoli cheesy bread	Asparagus and chicken stir-fry



SUNDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Cheesy spinach baked eggs	Banana zucchini oatmeal cups	White bean soup	Strawberry jam compote waffles	Pork cooked in oven Sweet potato puree



SUGGESTION 2

MONDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Greek yogurt with oatmeal and blueberries	Nuts Fruits	Roasted beef with salad	Yogurt with raspberries	Rice with tuna



TUESDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Croissant with tea or coffee	Biscuits	Lean Pork with Vegetables	Oatmeal with milk	Soup



WEDNESDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Milkshake with Honey and Biscuits	Smoothie	Grilled salmon with puree and avocado	Fruits(Apple)	Seafood



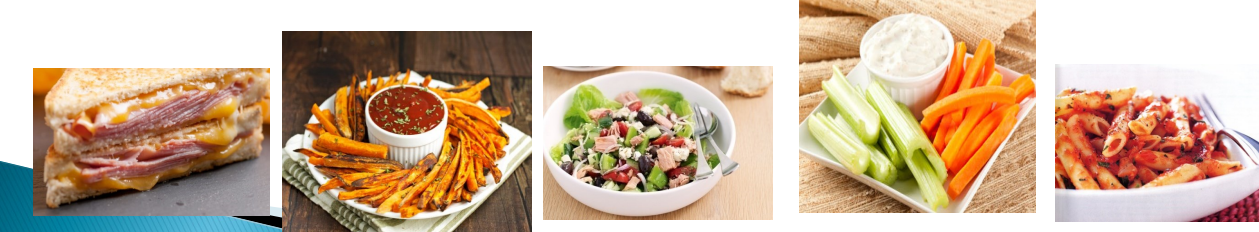
THURSDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Smoothie with Fruits and Waffles	Bagel with Ricotta	Broccoli with Salmon	Pretzel Chips	Vegetables with Steak



FRIDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Bread with Cheese and Ham	Sweet potato fries	Tuna salad	Celery and carrot sticks with hummus	Pasta with Tomato Sauce



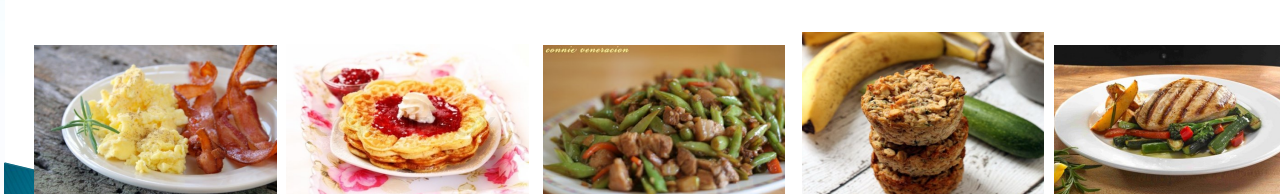
SATURDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Bread with Jam and Butter	Broccoli cheesy bread	Brown Rice with Mushrooms	Apple chips	Salad with Roasted Beef



SUNDAY

Breakfast	Snacks	Lunch	Afternoon snacks	Dinner
Egg Whites with Bacon	Strawberry jam compote waffles	Beans with Pork	Banana zucchini oatmeal cups	Chicken Breast with Vegetables



A Healthy Week

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