

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BreakFast	<i>Cereals with milk</i>	<i>Fruits (maybe an apple)</i>	<i>Natural yogurt with fruits</i>	<i>Toast with cheese and tomatoes</i>	<i>Bread and coffee</i>	<i>Pancakes with Nutella</i>	<i>Orange juice and bread with jam/jelly</i>
Lunch	<i>Meat with boiled vegetable</i>	<i>Meat with potatoes and broccoli</i>	<i>Roodies with tomato sauce</i>	<i>Rice with chicken and cauliflower</i>	<i>Fish with salad and spanach</i>	<i>Lentils with meat</i>	<i>Spanish omelette</i>
Dinner	<i>Beet cream soup</i>	<i>Sarmale</i>	<i>Salad with cucumber and tomatoes</i>	<i>Apple</i>	<i>Fruits Salad</i>	<i>Salad with cereals</i>	<i>Natural yogurt with kiwi and mango</i>
Exercise	<i>45 minutes of running</i>	<i>30 minutes of billing</i>	<i>45 minutes of swimming</i>	<i>30 minutes of running</i>	<i>60 minutes of playing tennis</i>	<i>45 minutes of walking in the park</i>	<i>Going to the GYM</i>