



1 Week **EAT RIGHT** Plan

By Moomal Asif

Peace.Mind.Body©

DAYS	Breakfast	Lunch	Snack	Workout	Dinner
MONDAY	Spinach Loaded Omelette + Tea	Chili Spiced Chicken Salad + GT	3 oranges and peanuts	45 minutes of any type of Cardio.	Lettuce vegetable Wrap + GT
TUESDAY	Cinnamon, Raisins Oatmeal with low fat milk	Black Chickpea Kebab + Green Salad + GT	Coffee with low fat milk	45 minutes of any type of Cardio.	Mix Vegetable Spicy Soup
WEDNESDAY	Strawberry + Banana + Almonds Smoothie	Spicy Veggies Oat meal + GT	Small cup of boiled masala peas.	45 minutes of any type of Cardio.	Chicken Tikka with GT
THURSDAY	1date+2 boiled egg+tea	Chicken Corn Soup with Green Salad	Handful of Roasted Gram	45 minutes of any type of Cardio.	2 Loaki's Kebab with GT
FRIDAY	Boiled Chicken Omelette Roll	Protein Packed Mix Daal with Salad and GT	Orange Juice or Green Juice	45 minutes of any type of Cardio.	Brinjal or Loaki Raita + GT
SATURDAY	Low fat yogurt with a pear and almonds in it.	Boiled Cauliflower and White Chickpea Salad + GT	Tea + Walnuts	45 minutes of any type of Cardio.	Lobia's Salad with mix Veggies