

Weight loss Menu

normal menu

day 1

breakfast

- * 1 toast
- * peanut butter
- * 1 cup of coffee
- * grapefruit

snack

- * honey smoothie

lunch

- * 1 toast
- * half tuna portion
- * 1 cup of tea

dinner

- * 4oz of tuna
 - * 1 cup of beans
 - * 1 small apple
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day 2

breakfast

- * 1 toast
- * 1 chicken egg
- * half banana

snack

- * hummus and crispy bread

lunch

- * 3 slices of cheese
- * 3 crackers

dinner

- * broccoli
 - * half carrot
 - * 1 cup of greek yoghurt
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day 3

breakfast

- * summer yoghurt

snack

- * hummus with tomatoes

lunch

- * Turkey salad in garlic sauce

dinner

- * Veal with veggie sauce
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day 4

breakfast

- * Yoghurt with nuts

snack

- * Green smoothie

lunch

- * Spaghetti with vegetables

dinner

- * Turkey steak in creamy sauce with vegetables
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day 5

breakfast

snack

lunch

dinner

* Oatmeal with yoghurt	* 1 mango	* Grilled steak	* Mushroom pasta with veggies
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day 6

breakfast * Spanish-style oatmeal	snack * Spinach smoothie	lunch * Steak with light mushroom sauce	dinner * Veal with veggies and sauce
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day 7

breakfast * Oatmeal * Berry smoothie	snack * Hummus with cucumber	lunch * chicken baked with apples	dinner * Roast chicken
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Vegan Menu

day 1

breakfast * Oatmeal with Wild blueberries, pumpkin seed, and peanut butter	snack * fruit smoothie	lunch Arugula Quinoa Salad	Dinner Stuffed Spinach Artichoke vegan Shells with Salad
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day 2

breakfast * Avocado Toast with Sliced apple	snack * Nut and seed Granola bar	lunch * Pearl barley and quinoa salad	dinner * Light roasted peppers and corn salad
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day 3

breakfast * Green smoothie	snack * apple with vegan peanut butter yoghurt dip	lunch * Plant meat sandwiches	dinner * Lentil with brown rice veggie
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day 4

breakfast * avocado spread on toast with dukka	snack * raw nuts and seeds	lunch * Beans salad with veggies	dinner * Creamed avocado pasta
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day 5

breakfast * Muesli with fruit and vegan yoghurt	snack * cucumber and pepper with hummus dip	lunch * Vegan spanish beans salad	dinner * Buffalo cauliflower Tacos with vegan cheese
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day 6

breakfast * banana pancakes	snack * carrot with beans dip	lunch * minestrone soup	dinner * Roast brussels sprouts with walnut sauce
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day 7

breakfast * homemade vegan crepes with vegan creamed almond sauce	snack * vegan fruit bars	lunch * veggies on bbq	dinner * mushroom wonton soup
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Healthy tips