

Read first

This diet plan has been made according to your weight and measurements that you previously provided to us.

All ingredients in this diet plan are very healthy and based on medical researches.

An easy and affordable diet that will help you to reach your goal.

This document provides you with +25 different diet examples.

Each example provides you with all day food.

Drinks like coffee and tea can be added to this diet but without sugar or with minimum amount.

Spices and salt can be added to this diet.

Choose fresh food products over preserved ones.

Hydrate your body by drinking enough water during the day.

Almonds & cashews can be substituted by peanuts.

Salmon diet plans :

Example no. 1



- *All day food:*

Milk: 500ml

Almonds: 15

Apple: one

Mango: one cup, pieces

Salmon: 350gm

Sweet corn: 200gm

Yogurt full cream: 200gm

Honey: 1tbsp

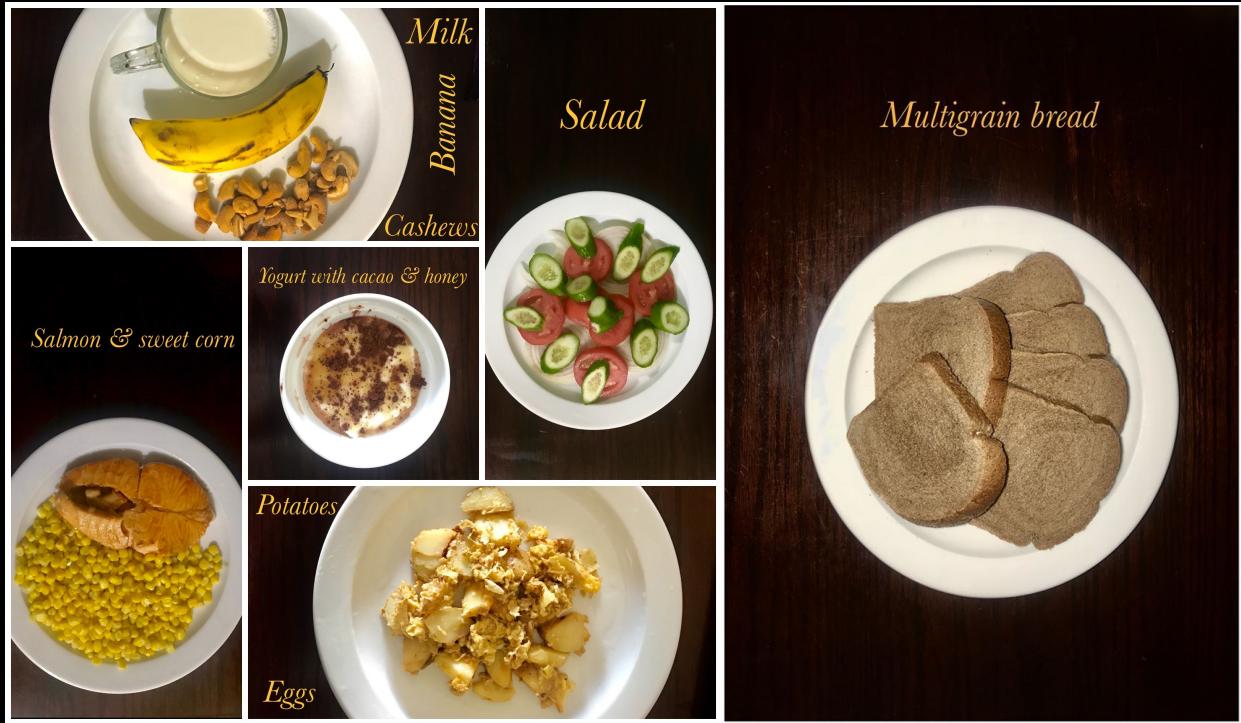
Cinnamon powder: 1tsp

Chicken: 270gm

Salad: 2 cucumbers + 2 tomatoes + 1 onion

Multi grain bread / whole wheat bread: 8 slices

Example no. 2



- **All day food:**

Milk: 500ml

Banana: 150gm

Cashew: 15

Eggs: 2

Potatoes: 300gm

Yogurt full cream: 200gm

Honey: 1tbsp

Cacao: 1tbsp

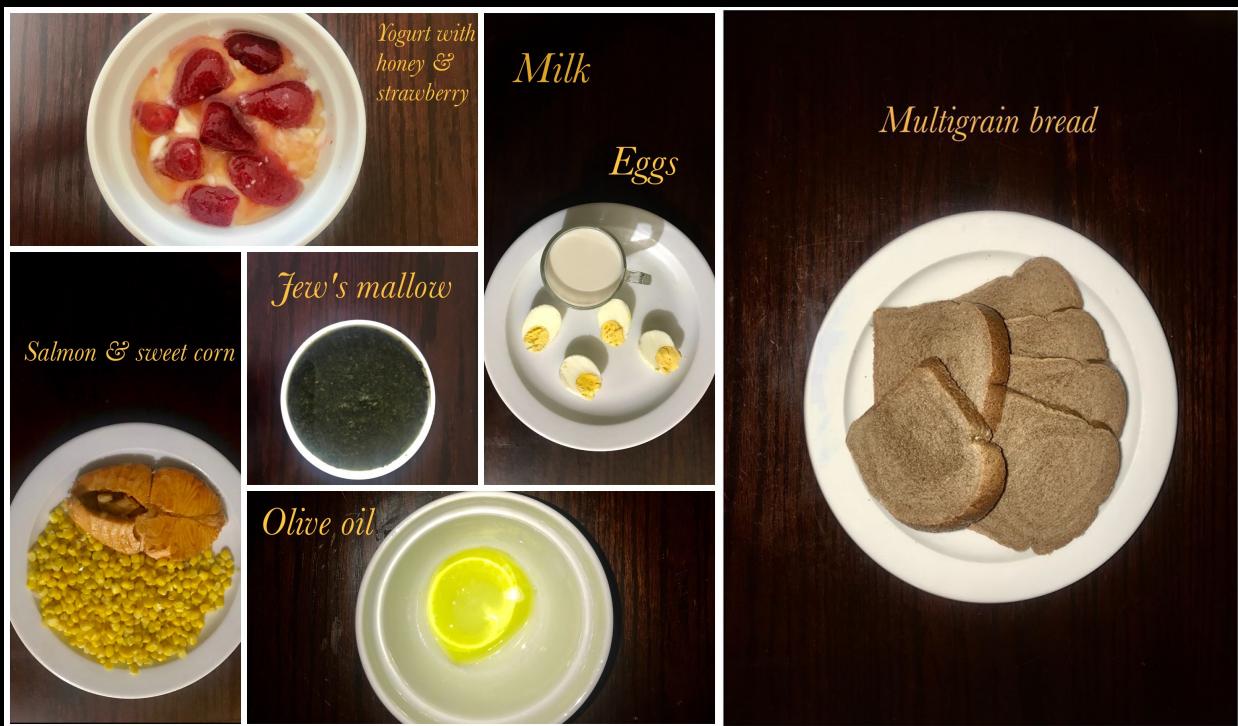
Salmon: 550gm

Sweet corn: 200gm

Salad: 1 onion + 2 cucumbers + 2 tomatoes

Multi grain bread / whole wheat bread: 8 slices

Example no. 3



- *All day food:*

Milk: 500ml

Eggs: 2

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 200gm

Salmon: 650gm

Olive oil: 2tbsp

Sweet corn: 250gm

Jew's mallow: 250gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 4



- **All day food:**

Milk: 500ml

Banana: 150gm

Cashew: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 200mg

Salmon: 550gm

Olive oil: 1tbsp

Potatoes: 300gm

Squid: 100gm

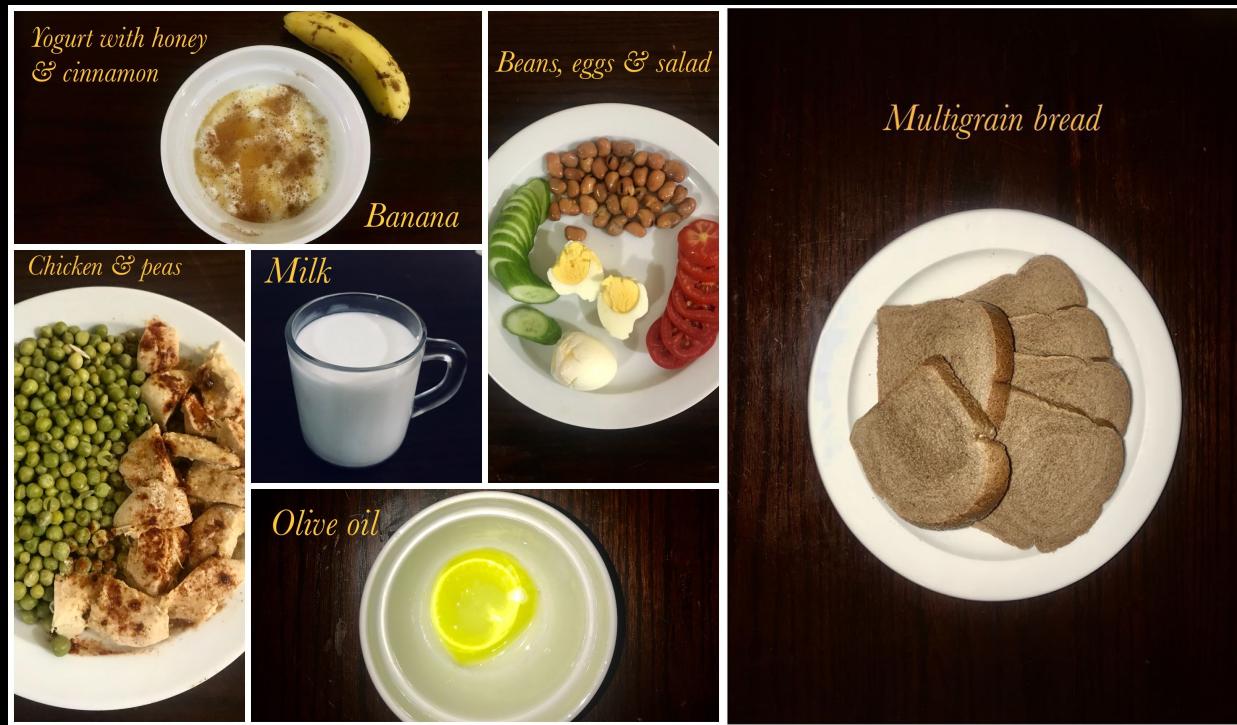
Plain fava beans: 100gm

Salad: 2 tomatoes + 2 cucumbers

Multi grain bread / whole wheat bread: 8 slices

Chicken diet plans :

Example no. 1



- *All day food:*

Honey: 1 tbsp

Banana: 100gm

Yogurt full cream: 200gm

Cinnamon powder: 1tsp

Milk full cream: 500ml

Egg: 2

Plain Fava beans: 100gm

Salad: 2 cucumber, 2 tomatoes

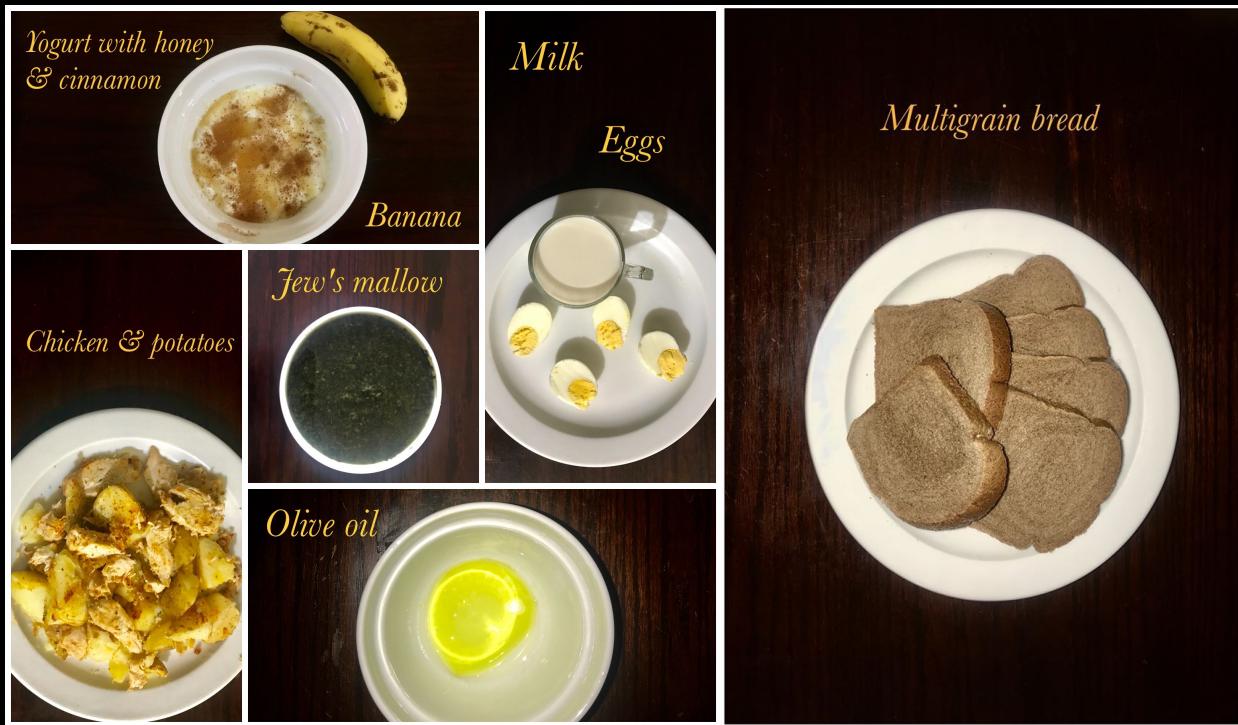
Chicken: 360gm

Olive oil: 1 tbsp

Peas: 200gm.

Multi grain bread / whole wheat bread: 8 slices

Example no. 2



- **All day food:**

Milk: 500ml

Banana: 150gm

Eggs: 2

Yogurt full cream: 200gm

Honey: 1tbsp

Cinnamon: 1tbsp

Potatoes: 150gm

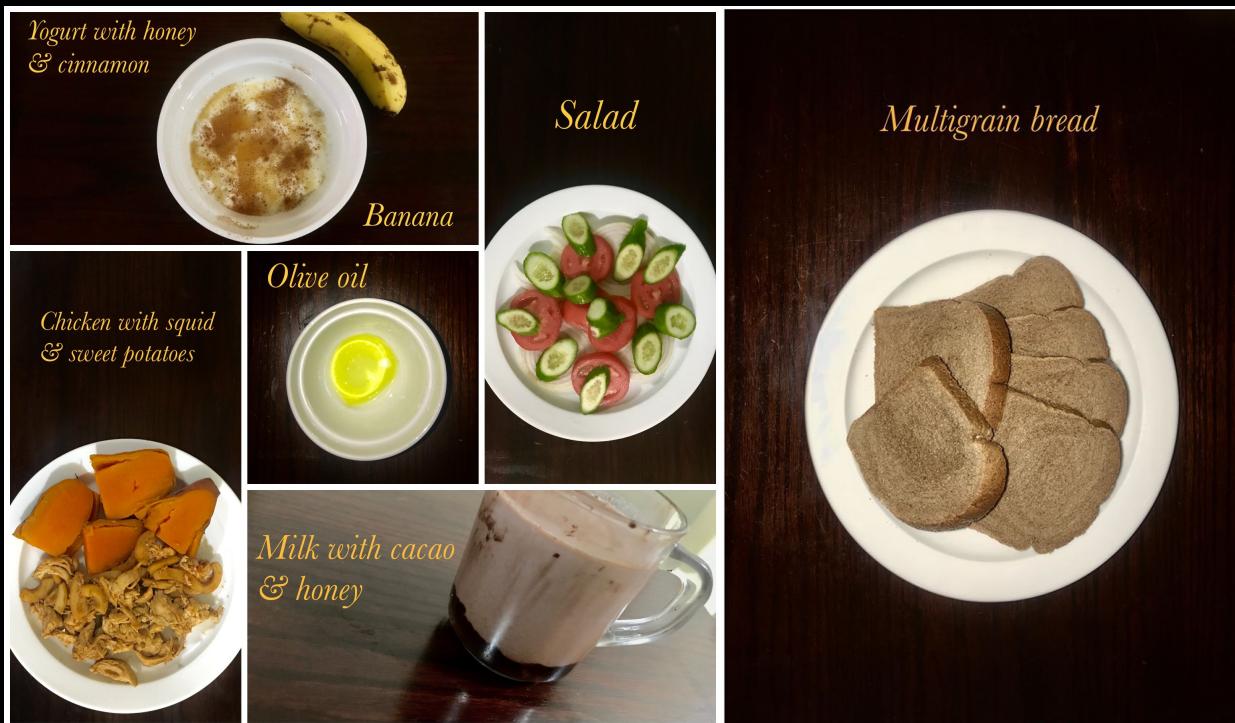
Olive oil: 1 tbsp

Chicken: 360gm

Jew's mallow: 150gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 3



- **All day food:**

Milk: 500ml

Honey: 2tbsp

Cacao powder: 1tbsp

Yogurt full cream: 200gm

Cinnamon powder: 1tsp

Banana: 100gm

Olive oil: 1tbsp

Chicken: 360gm

Squid: 100gm

Sweet potatoes: 250gm

Salad: 1 cucumber + 1 tomato + 1 onion

Multi grain bread / whole wheat bread: 8 slices

Example no. 4



- *All day food:*

Milk: 500ml

Dates: 7

Cashew: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Olive oil: 1tbsp

Chicken: 360gm

One tomato

Sweet potatoes: 100gm

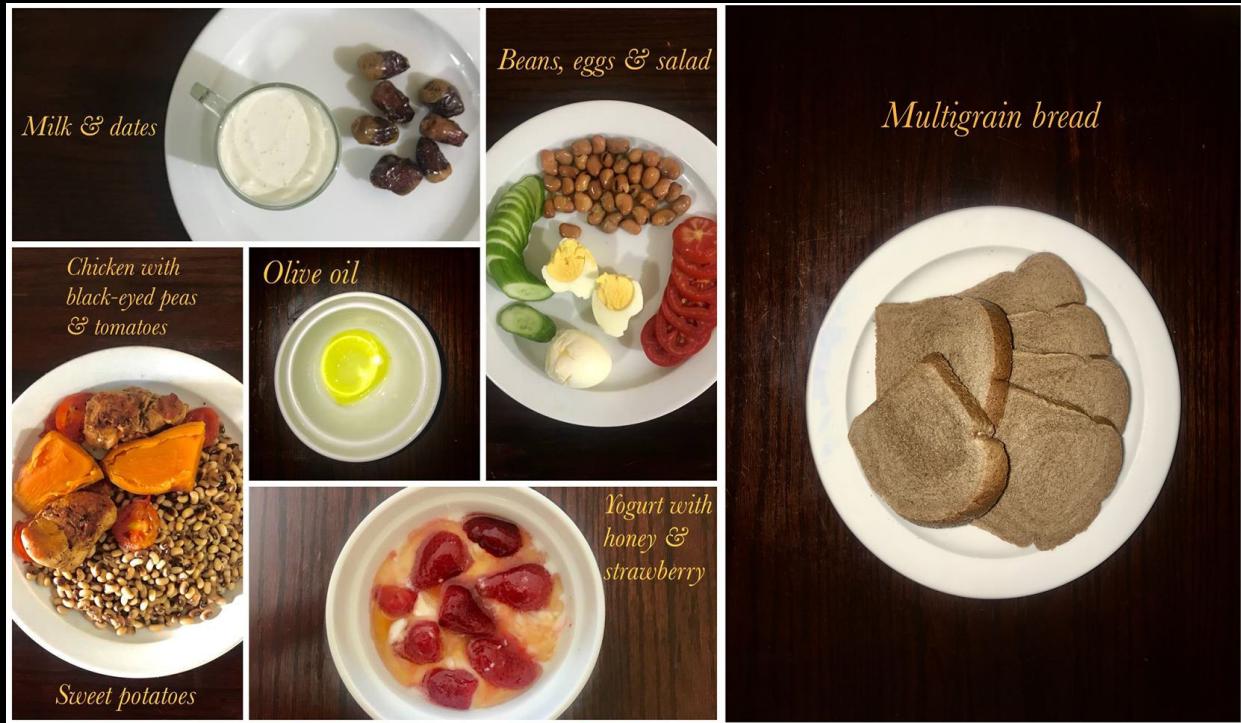
Black eyed peas: 100gm

Plain fava beans: 130gm

Salad: 2 cucumbers + 1 tomato

Multi grain bread / whole wheat bread: 8 slices

Example no. 5



- **All day food:**

Milk: 500ml

Dates: 7

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 100gm

Olive oil: 1tbsp

Chicken: 360gm

One tomato

Sweet potatoes: 100gm

Black eyed peas: 100gm

Eggs: 2

Plain fava beans: 100gm

Salad: 2 cucumbers + 1 tomato

Multi grain bread / whole wheat bread: 8 slices

Red meat diet plans :

Example no. 1



- *All day food:*

Milk: 500ml

Dates: 10

Cashew: 10

Eggs: 2

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 150gm

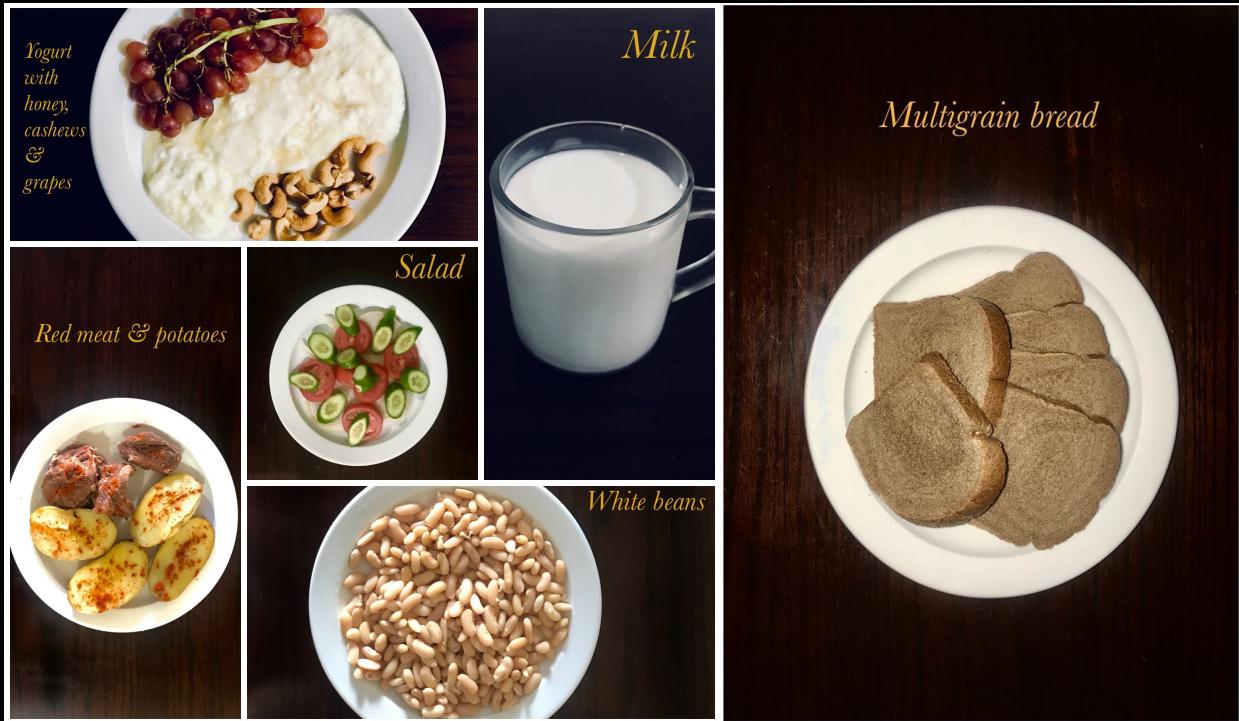
Meat: 450gm

Spinach: 200gm

Salad: 1 onion + 2 cucumbers + 2 tomatoes

Multi grain bread / whole wheat bread: 8 slices

Example no. 2



- **All day food:**

Honey: 1 tbsp

Grapes: 150gm

Yogurt full cream: 200gm

Cashews: 15

Milk full cream: 500ml

White beans: 200gm

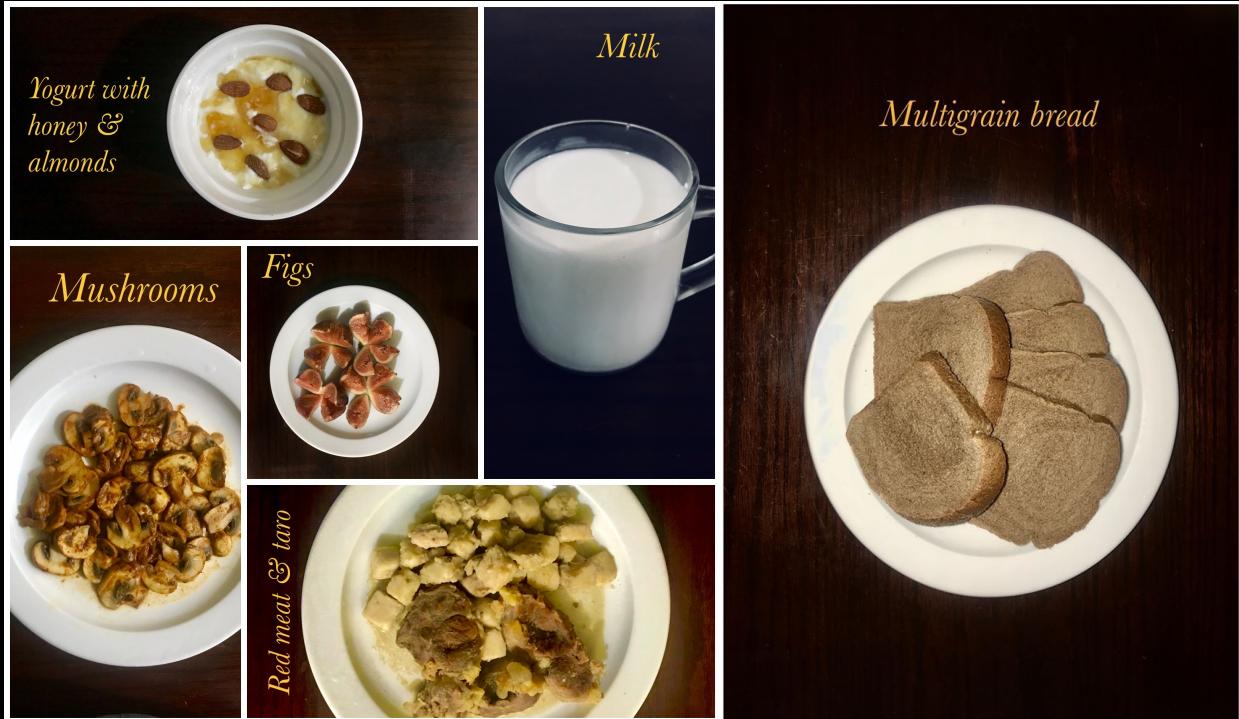
Potatoes: 200gm

Red meat: 450gm

Salad: 2 cucumbers, 1 tomato, 1 onion

Multi grain bread / whole wheat bread: 8 slices

Example no. 3



- **All day food:**

Milk: 500ml

Figs: 250gm

Almonds: 15

Yogurt full cream: 200gm

Honey: 1tbsp

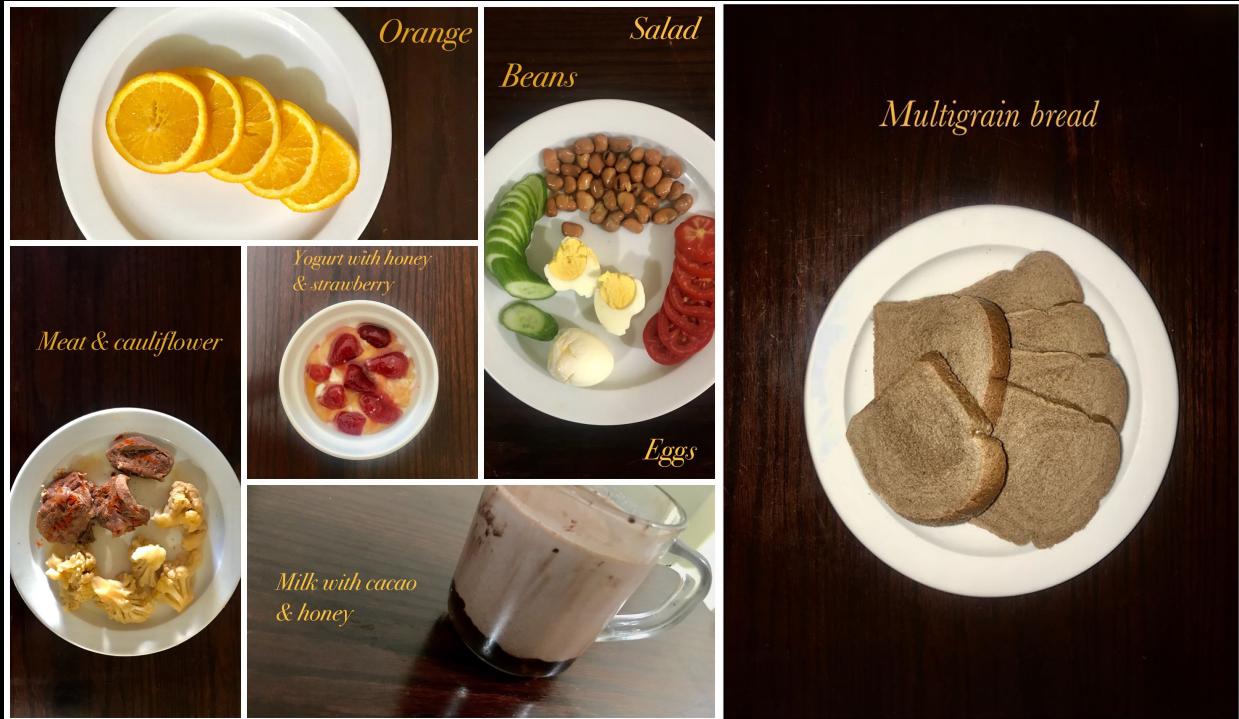
Mushrooms: 200gm

Meat: 500gm

Taro: 250gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 4



- **All day food:**

Orange: one large

Honey: 2tbsp

Yogurt full cream: 200gm

Strawberry: 100gm

Milk full cream: 500ml

Cacao powder: 1tbsp

Eggs: 2

Plain fava beans: 200gm

Salad: 2 cucumbers, 3 tomatoes

Red meat: 450gm

Cauliflower: 200gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 5



- **All day food:**

Milk full cream: 500ml

Dates: 7

Honey: 1tbsp

Yogurt full cream: 200gm

Red meat: 450gm

Potatoes: 200gm

Olive oil: 1tbsp

Jew's mallow: 200gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 6



- **All day food:**

Milk full cream: 500ml

Cacao powder: 1tbsp

Honey: 2tbsp

Yogurt full cream: 200gm

Cinnamon powder: 1tsp

Banana: 100gm

Red meat: 450gm

Sweet potatoes: 200gm

Eggs: 2

Salad: 2 cucumbers, 2 tomatoes, 1 onion

Multi grain bread / whole wheat bread: 8 slices

Tuna diet plans :

Example no. 1



• All day food:

Milk: 500ml

Dates: 8

Cashews: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Cocoa powder: 1tsp

Eggs: 2

Potatoes: 400gm

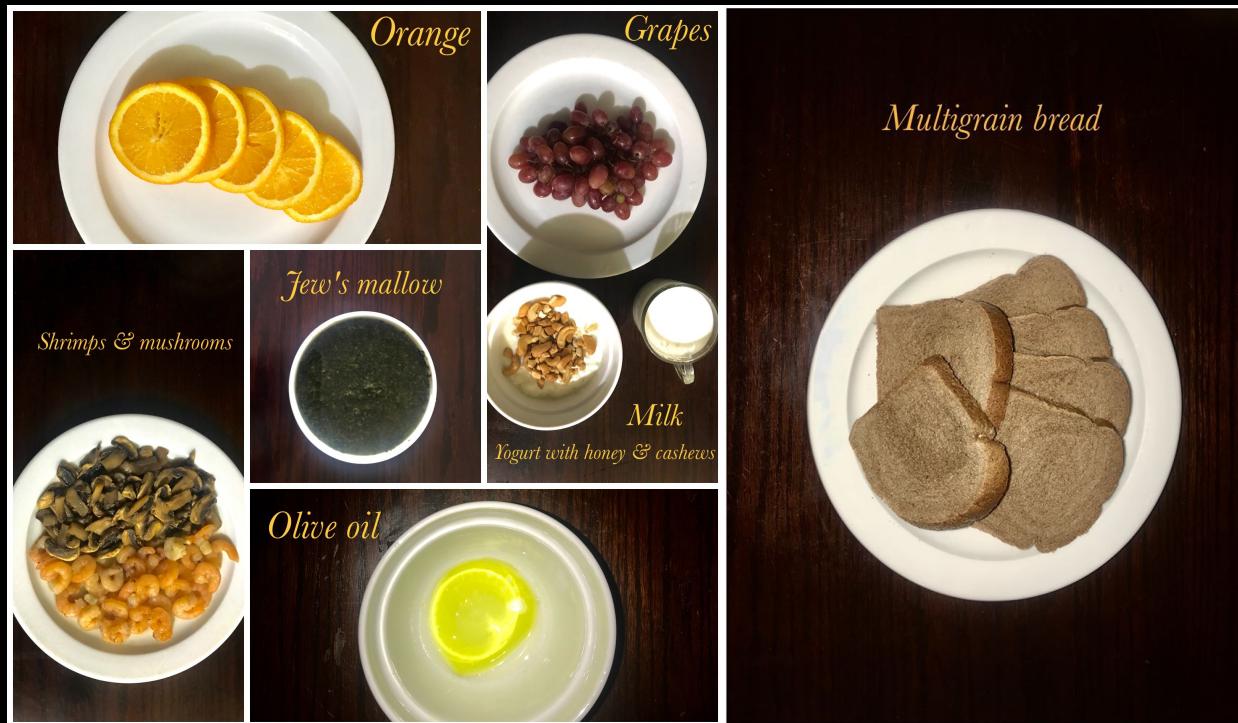
Salad: 2 cucumbers, 2 tomatoes, 1 onion

Tuna: 310gm

Multi grain bread / whole wheat bread: 8 slices

Shrimps diet plans :

Example no. 1



- **All day food:**

Milk: 500ml

Grapes: 200gm

Cashews: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Orange: one large

Mushrooms: 200gm

Olive oil: 2tbsp

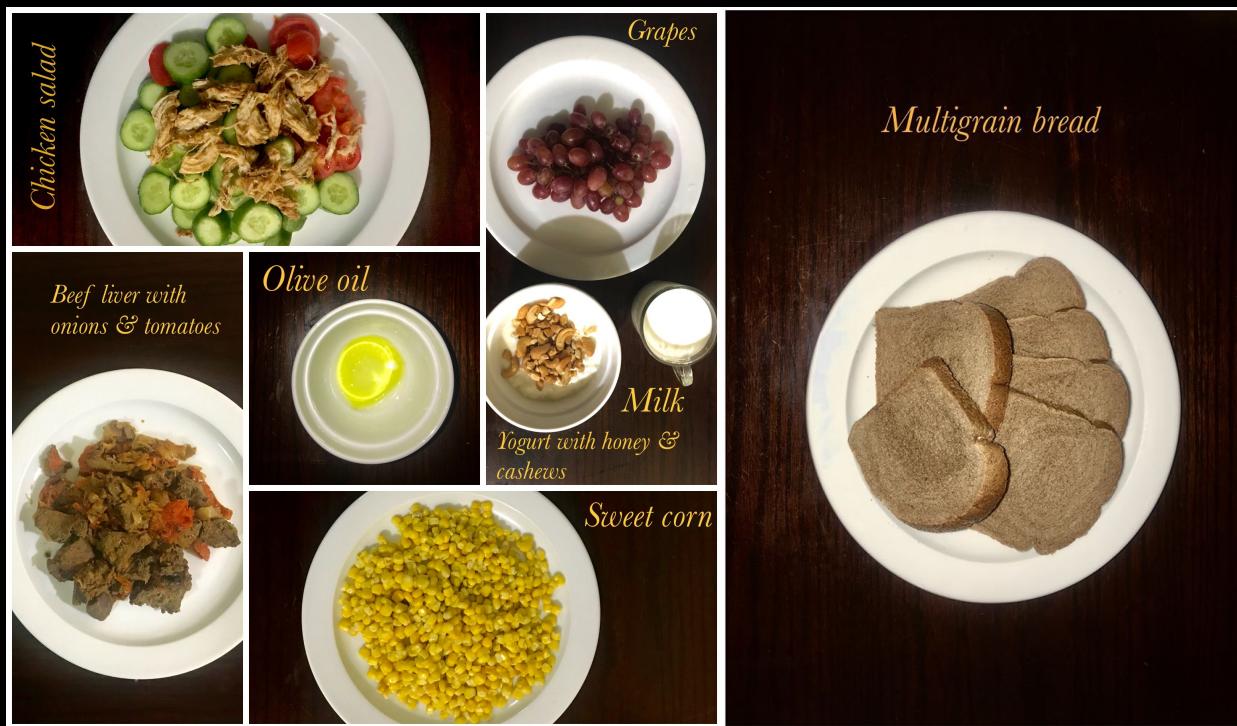
Shrimps, naked: 500gm

Jew's mallow: 350g

Multi grain bread / whole wheat bread: 8 slices

Beef liver diet plans :

Example no. 1



- **All day food:**

Chicken: 310gm

Salad: 1 cucumber + 1 tomato + 1 onion

Milk: 500ml

Grapes: 200gm

Cashews: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Beef liver: 100gm

Olive oil: 1tbsp

One tomato + One onion

Sweet corn: 200gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 2



- **All day food:**

Milk: 500ml

Almonds: 15

Apple: one

Olive oil: 1tbsp

Beef liver: 100gm

One tomato + one onion

Mushrooms: 200gm

Zucchini: 200gm

Chicken: 310gm

Salad: 1 cucumber + 1 tomato + 1 onion

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 100gm

Multi grain bread / whole wheat bread: 8 slices

Mullet fish diet plans :

Example no. 1



- **All day food:**

Milk: 500ml

Cacao powder: 1tbsp

Yogurt full cream: 200gm

Honey: 2tbsp

Strawberry: 200gm

Olive oil: 1tbsp

Mullet fish: 755gm

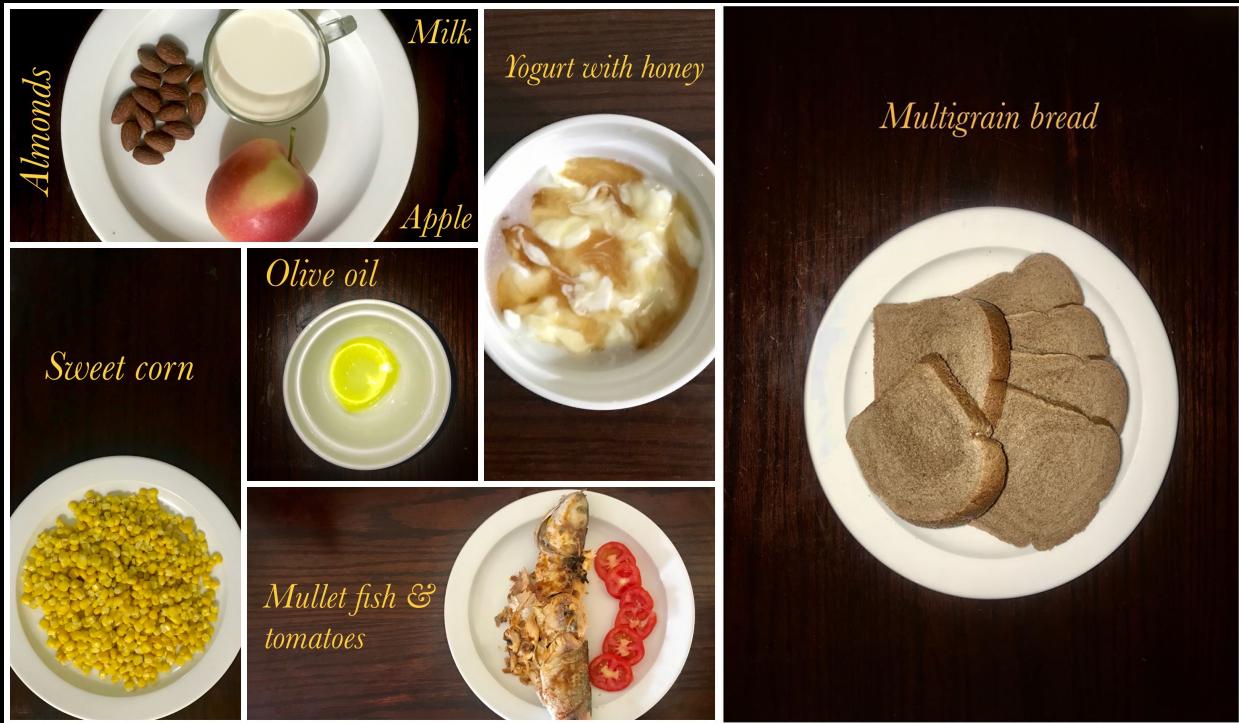
Tomatoes: 3

Sweet corn: 300gm

Mango: one cup, pieces

Multi grain bread / whole wheat bread: 8 slices

Example no. 2



- **All day food:**

Milk: 500ml

Almonds: 15

Apple: one

Yogurt full cream: 200gm

Honey: 1tbsp

Olive oil: 1tbsp

Mullet fish: 755gm

Tomatoes: 3

Sweet corn: 300gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 3



- **All day food:**

Milk: 500ml

Dates: 7

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 200gm

Olive oil: 1tbsp

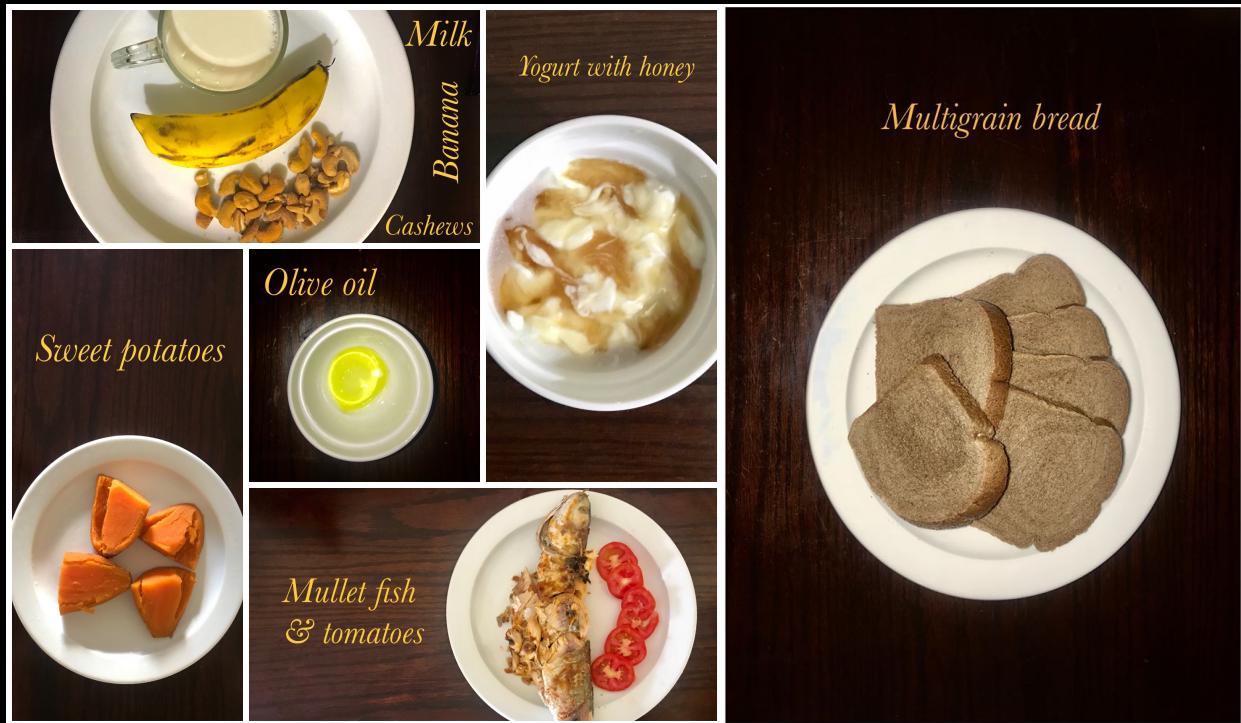
Mullet fish: 755gm

Tomatoes: 3

Sweet potatoes: 300gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 4



- *All day food:*

Milk: 500ml

Banana: 100gm

Cashew: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Olive oil: 1tbsp

Mullet fish: 755gm

Tomatoes: 3

Sweet potatoes: 300gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 5



- **All day food:**

Milk: 500ml

Almonds: 15

Apple: one

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 200gm

Olive oil: 1tbsp

Mullet fish: 755gm

Tomatoes: 3

Potatoes: 250gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 6



- **All day food:**

Milk: 500ml

Dates: 7

Cashews: 10

Yogurt full cream: 200gm

Honey: 1tbsp

Olive oil: 1tbsp

Mullet fish: 755gm

Tomatoes: 3

Jew's mallow: 300gm

Multi grain bread / whole wheat bread: 8 slices

Example no. 7



- **All day food:**

Milk: 500ml

Cacao powder: 1tbsp

Honey: 2tbsp

Yogurt full cream: 200gm

Mango: one cup, pieces

Olive oil: 1tbsp

Mullet fish: 755gm

Tomatoes: 3

Potatoes: 300gm

Multi grain bread / whole wheat bread: 8 slices