

# *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: 250gm*

*Sweet corn: 200gm*

*Yogurt full cream: 200gm*

*Honey: 1tbsp*

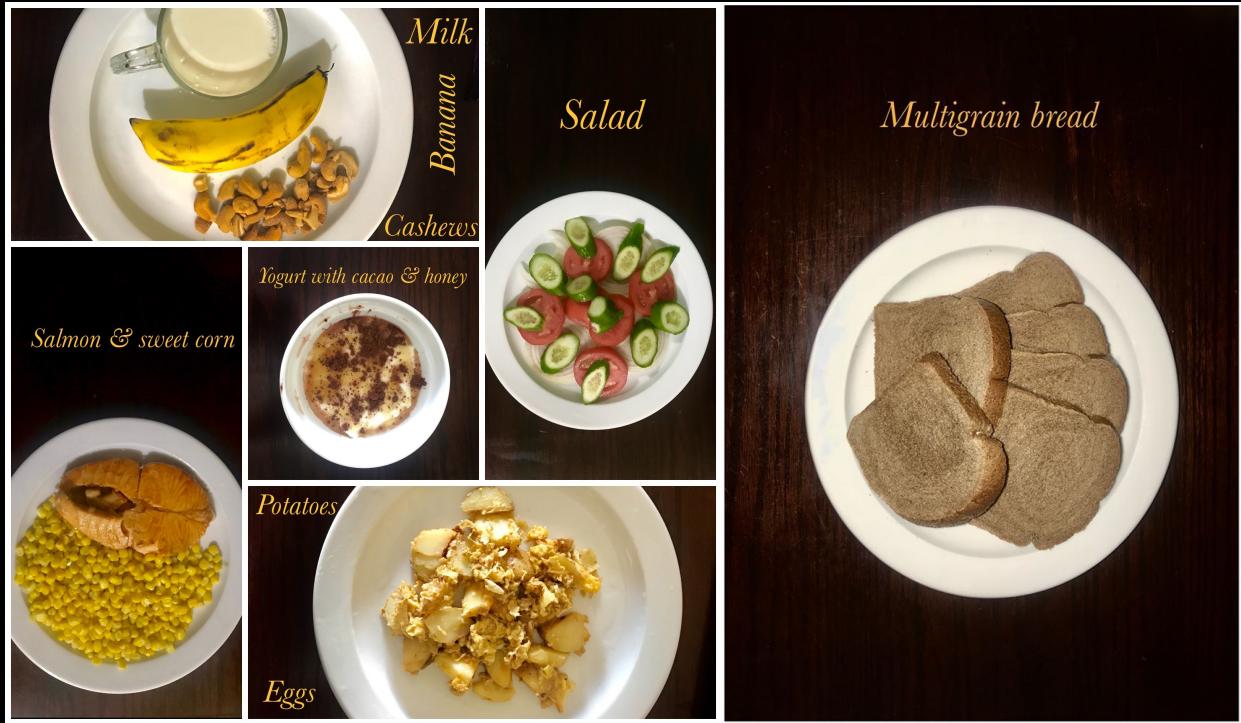
*Cinnamon powder: 1tsp*

*Chicken: 230gm*

*Salad: 2 cucumbers + 2 tomatoes + 1 onion*

*Multi grain bread / whole wheat bread: 6 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

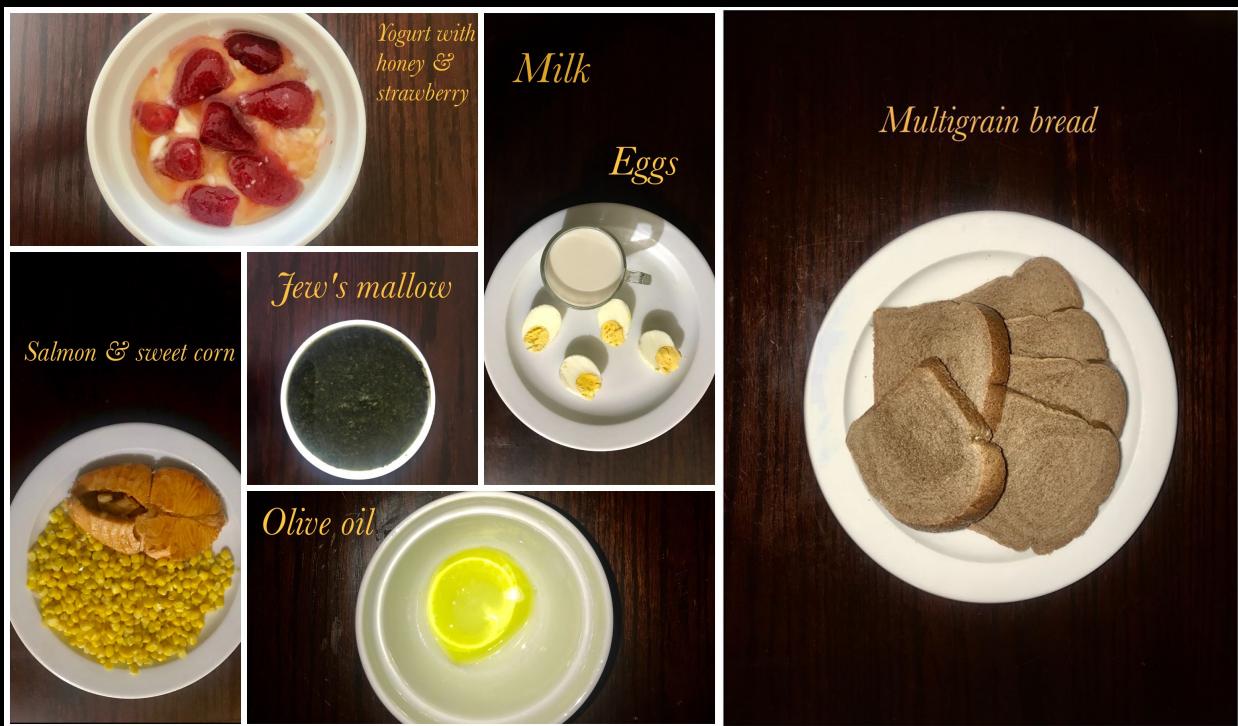
Salmon: 350gm

Sweet corn: 200gm

Salad: 1 onion + 2 cucumbers + 2 tomatoes

Multi grain bread / whole wheat bread: 6 slices

## *Example no. 3*



- *All day food:*

*Milk: 500ml*

*Eggs: 2*

*Yogurt full cream: 200gm*

*Honey: 1tbsp*

*Strawberry: 200gm*

*Salmon: 450gm*

*Olive oil: 2tbsp*

*Sweet corn: 250gm*

*Jew's mallow: 250gm*

*Multi grain bread / whole wheat bread: 6 slices*

## Example no. 4



- **All day food:**

Milk: 500ml

Banana: 150gm

Cashew: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 200mg

Salmon: 350gm

Olive oil: 1tbsp

Potatoes: 300gm

Squid: 100gm

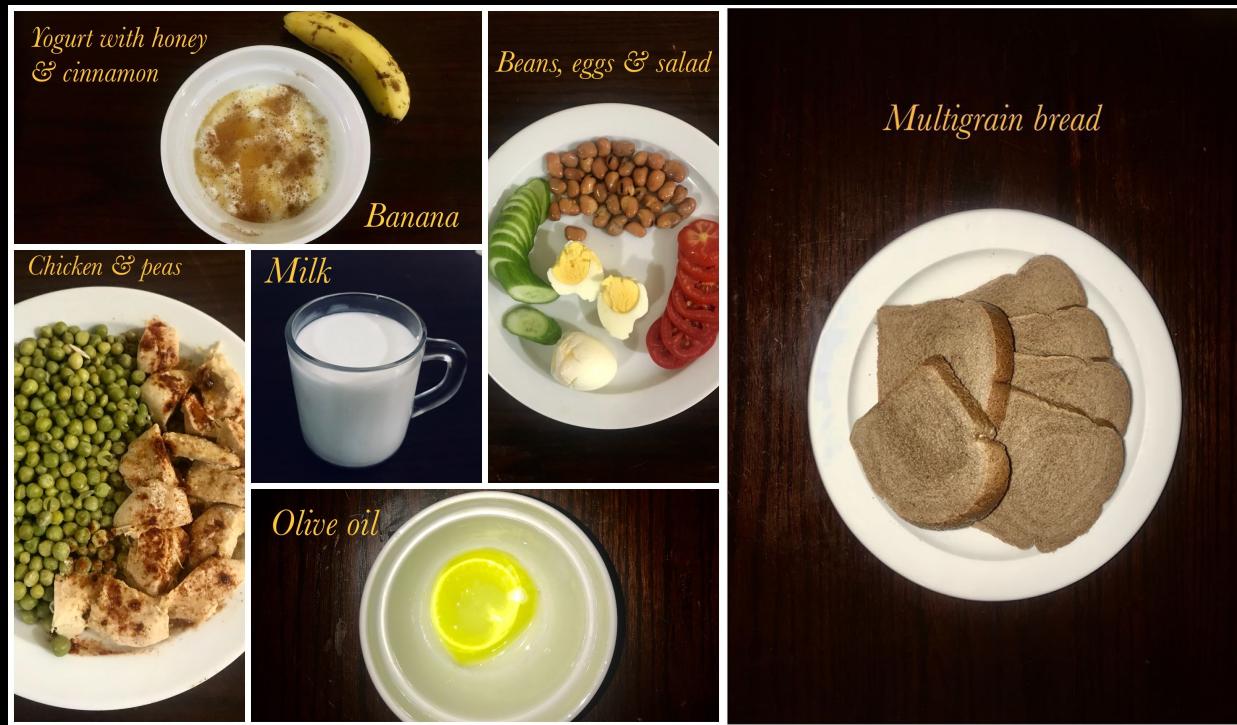
Plain fava beans: 100gm

Salad: 2 tomatoes + 2 cucumbers

Multi grain bread / whole wheat bread: 6 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*

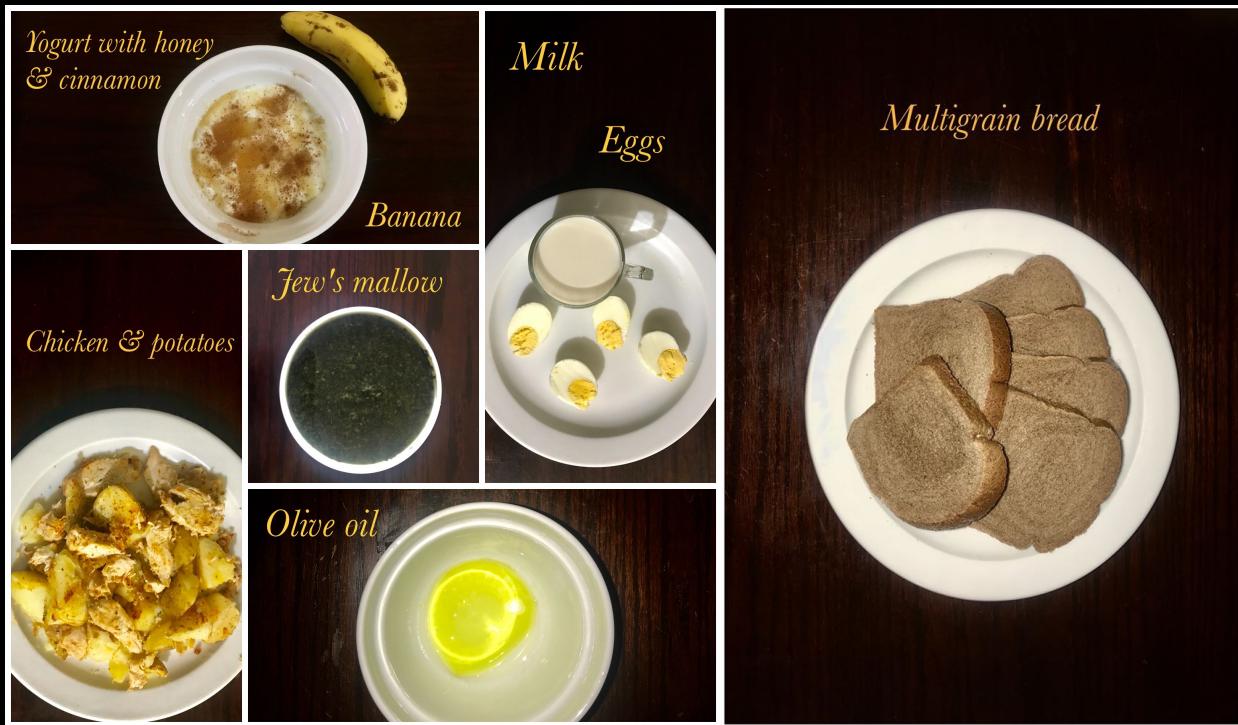
*Chicken: 280gm*

*Olive oil: 1 tbsp*

*Peas: 200gm.*

*Multi grain bread / whole wheat bread: 6 slices*

## Example no. 2



- **All day food:**

Milk: 500ml

Banana: 150gm

Eggs: 2

Yogurt full cream: 200gm

Honey: 1tbsp

Cinnamon: 1tbsp

Potatoes: 150gm

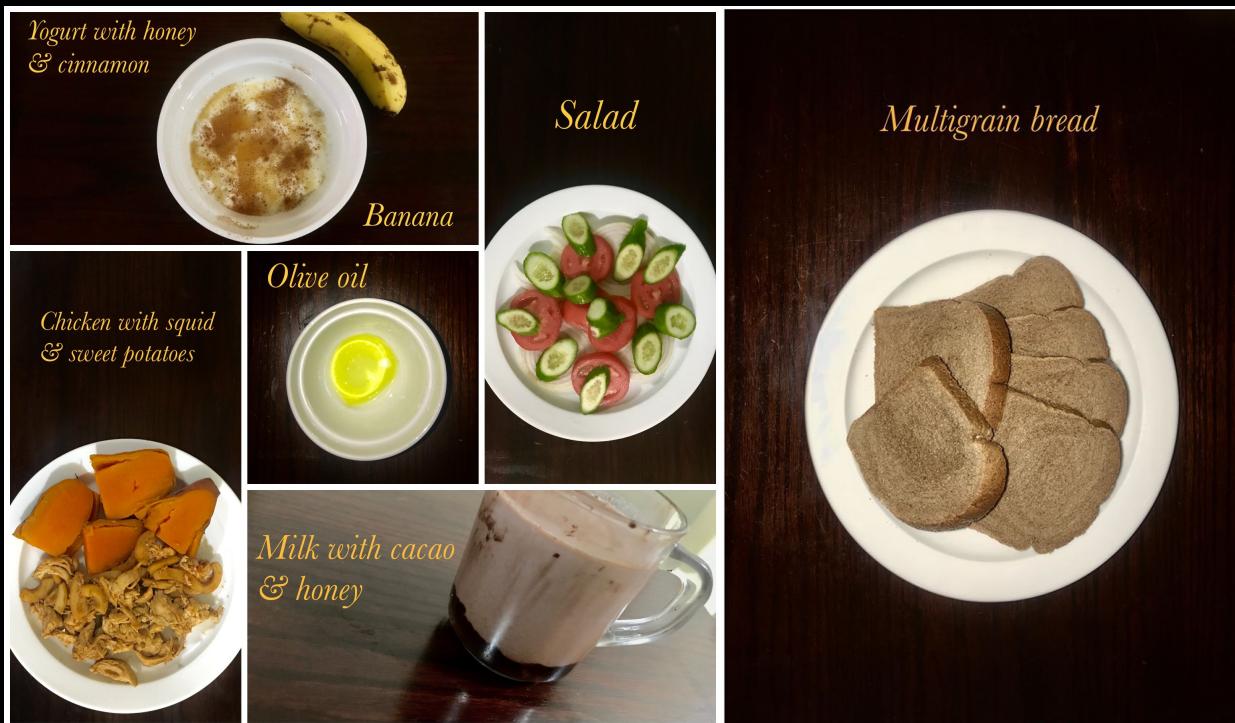
Olive oil: 1 tbsp

Chicken: 280gm

Jew's mallow: 150gm

Multi grain bread / whole wheat bread: 6 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: 280gm

Squid: 100gm

Sweet potatoes: 250gm

Salad: 1 cucumber + 1 tomato + 1 onion

Multi grain bread / whole wheat bread: 6 slices

## *Example no. 4*



- *All day food:*

*Milk: 500ml*

*Dates: 7*

*Cashew: 15*

*Yogurt full cream: 200gm*

*Honey: 1tbsp*

*Olive oil: 1tbsp*

*Chicken: 280gm*

*One tomato*

*Sweet potatoes: 100gm*

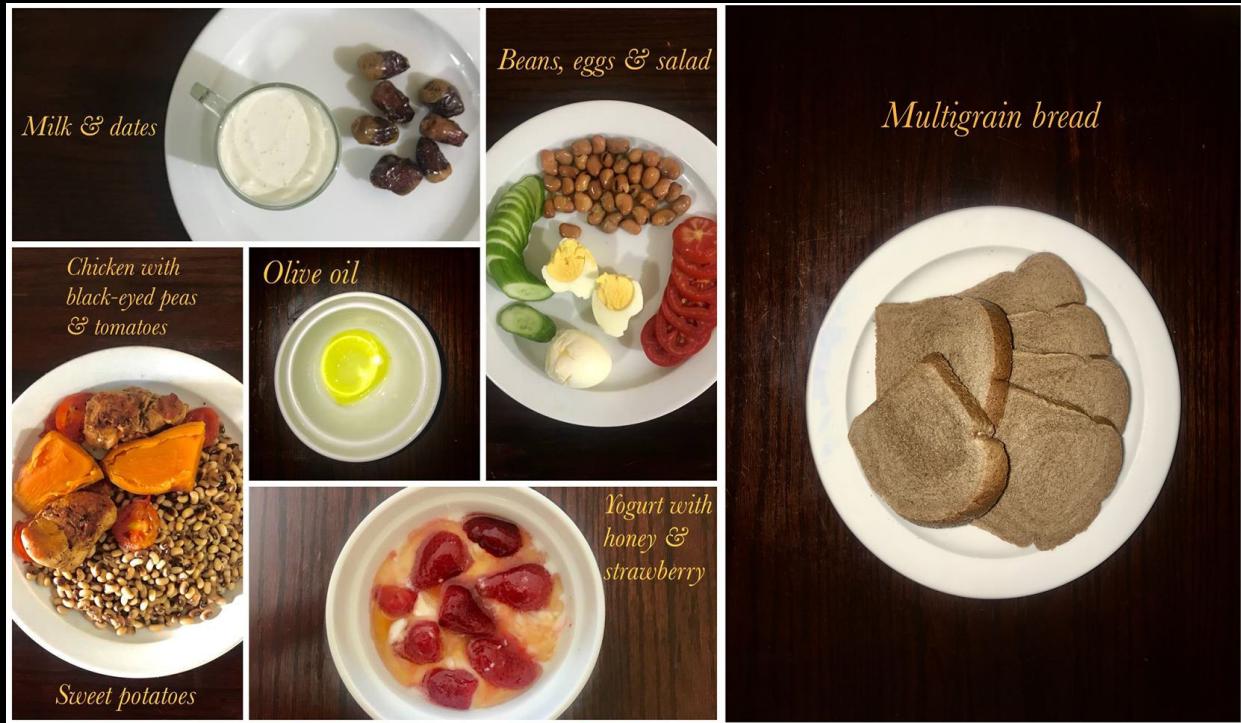
*Black eyed peas: 100gm*

*Plain fava beans: 130gm*

*Salad: 2 cucumbers + 1 tomato*

*Multi grain bread / whole wheat bread: 6 slices*

## Example no. 5



- **All day food:**

Milk: 500ml

Dates: 7

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 100gm

Olive oil: 1tbsp

Chicken: 280gm

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: 6 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*

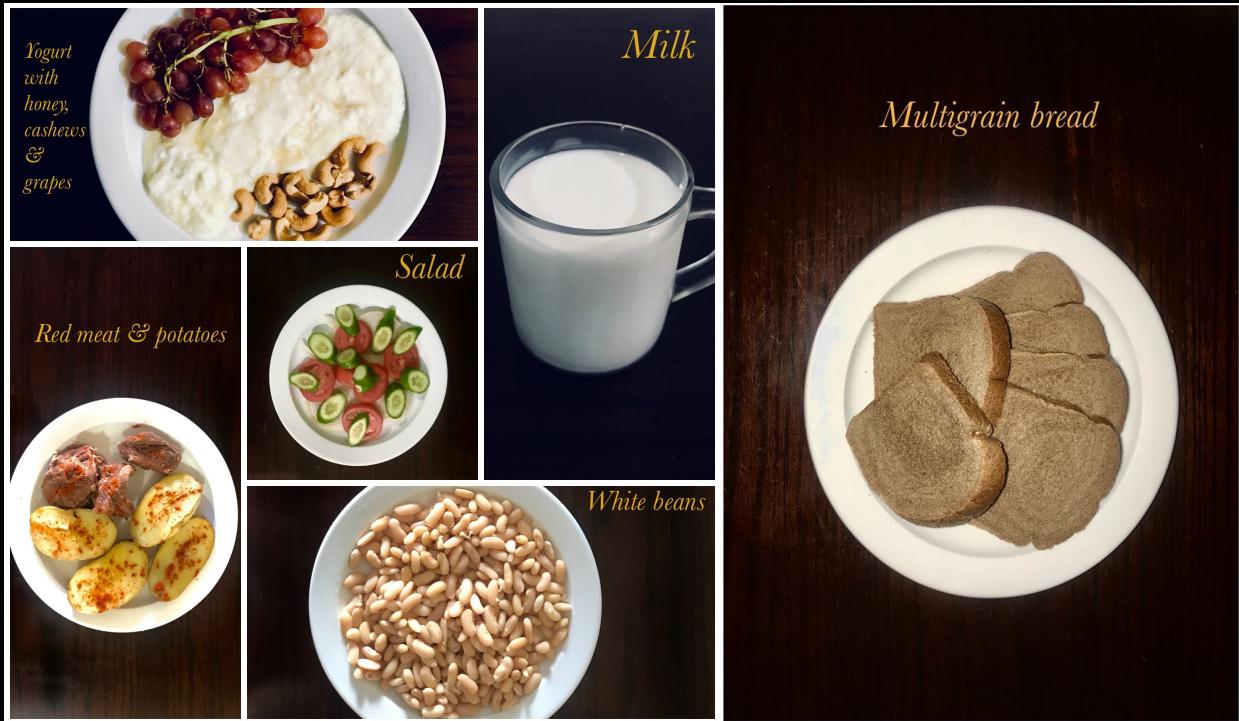
*Meat: 350gm*

*Spinach: 200gm*

*Salad: 1 onion + 2 cucumbers + 2 tomatoes*

*Multi grain bread / whole wheat bread: 6 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

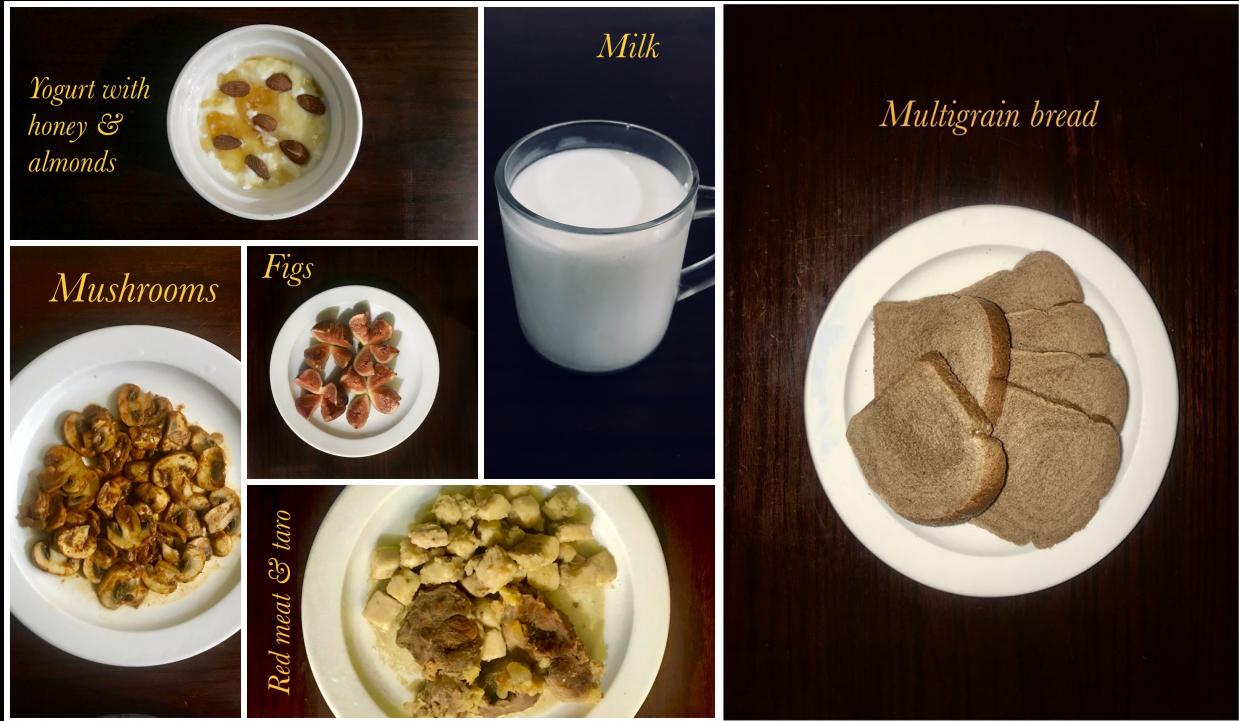
*Potatoes:* 200gm

*Red meat:* 350gm

*Salad:* 2 cucumbers, 1 tomato, 1 onion

*Multi grain bread / whole wheat bread:* 6 slices

## Example no. 3



- **All day food:**

Milk: 500ml

Figs: 250gm

Almonds: 15

Yogurt full cream: 200gm

Honey: 1tbsp

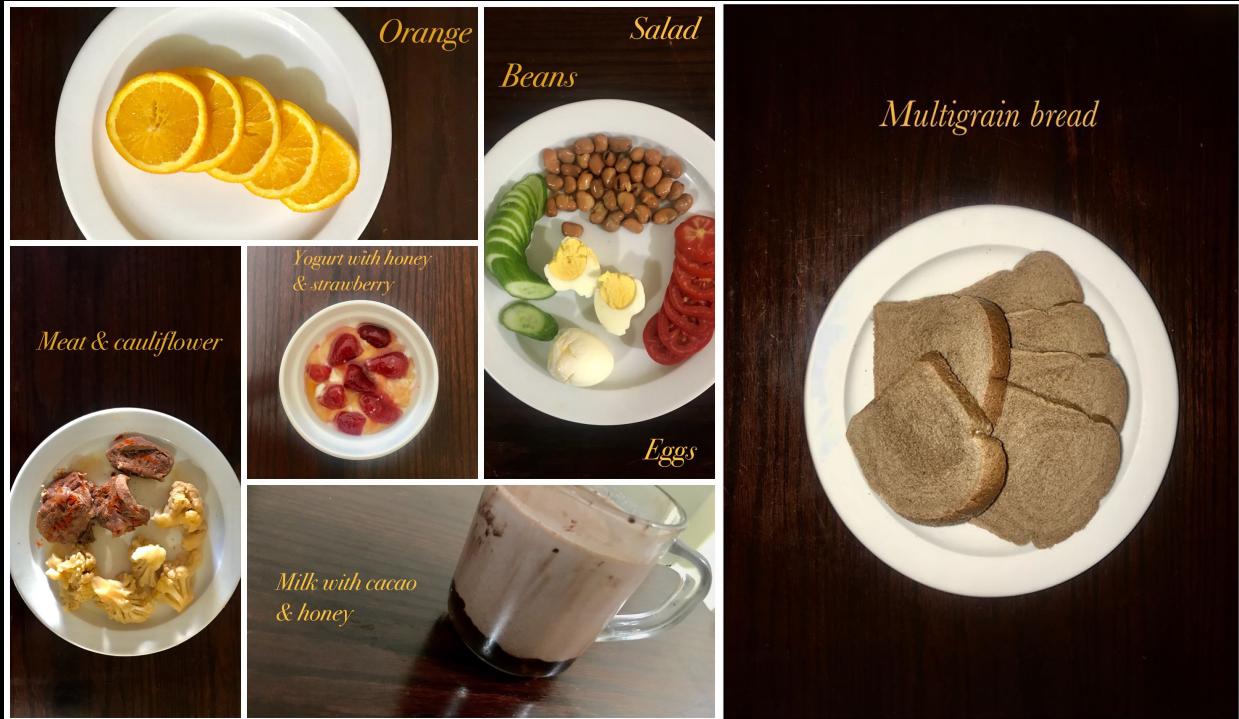
Mushrooms: 200gm

Meat: 400gm

Taro: 250gm

Multi grain bread / whole wheat bread: 6 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: 350gm*

*Cauliflower: 200gm*

*Multi grain bread / whole wheat bread: 6 slices*

## Example no. 5



- **All day food:**

Milk full cream: 500ml

Dates: 7

Honey: 1tbsp

Yogurt full cream: 200gm

Red meat: 350gm

Potatoes: 200gm

Olive oil: 1tbsp

Jew's mallow: 200gm

Multi grain bread / whole wheat bread: 6 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: 350gm*

*Sweet potatoes: 200gm*

*Eggs: 2*

*Salad: 2 cucumbers, 2 tomatoes, 1 onion*

*Multi grain bread / whole wheat bread: 6 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: 300gm

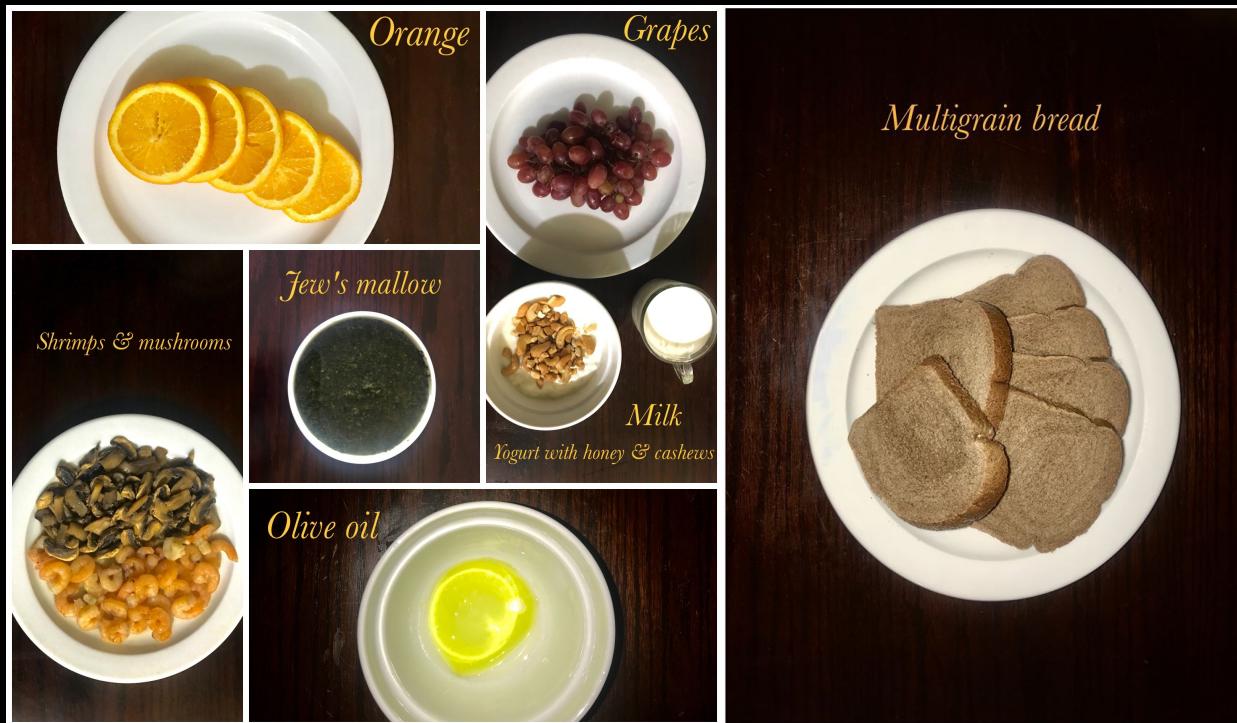
Salad: 2 cucumbers, 2 tomatoes, 1 onion

Tuna: 255gm

Multi grain bread / whole wheat bread: 6 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

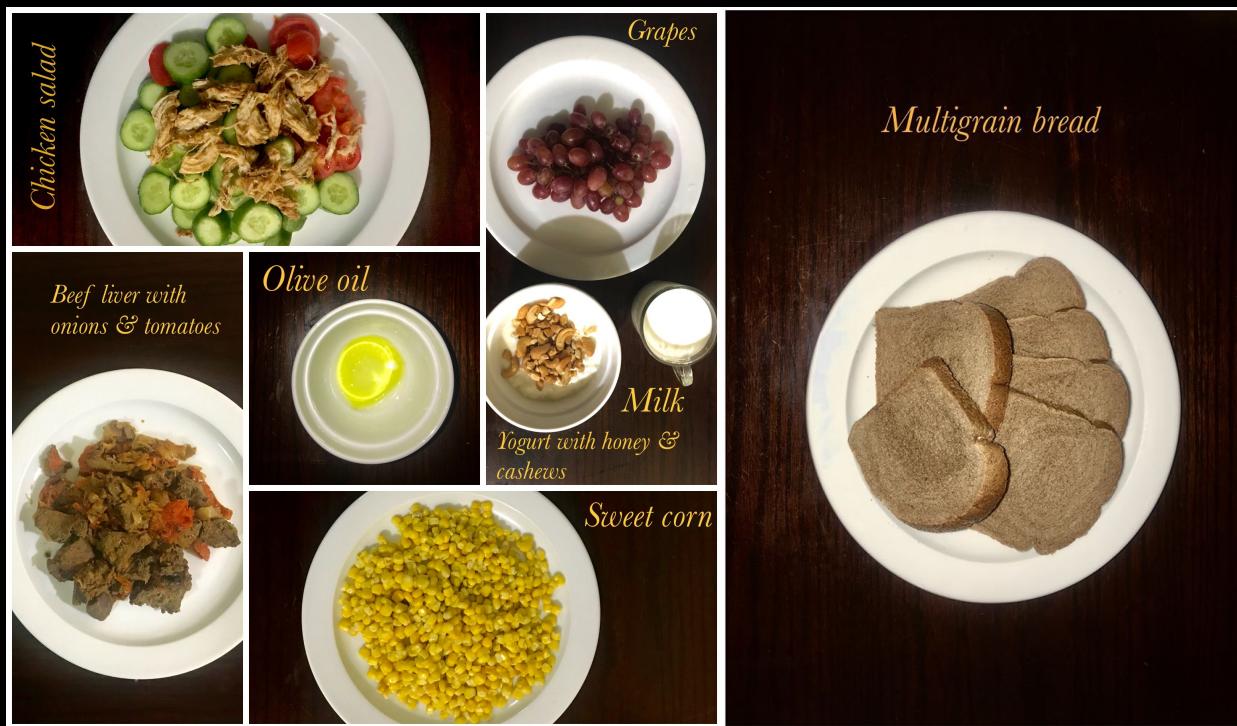
*Shrimps, naked:* 400gm

*Jew's mallow:* 250g

*Multi grain bread / whole wheat bread:* 6 slices

# Beef liver diet plans :

## Example no. 1



- **All day food:**

*Chicken:* 230gm

*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:* 6 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: 230gm

Salad: 1 cucumber + 1 tomato + 1 onion

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 100gm

Multi grain bread / whole wheat bread: 6 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: 670gm*

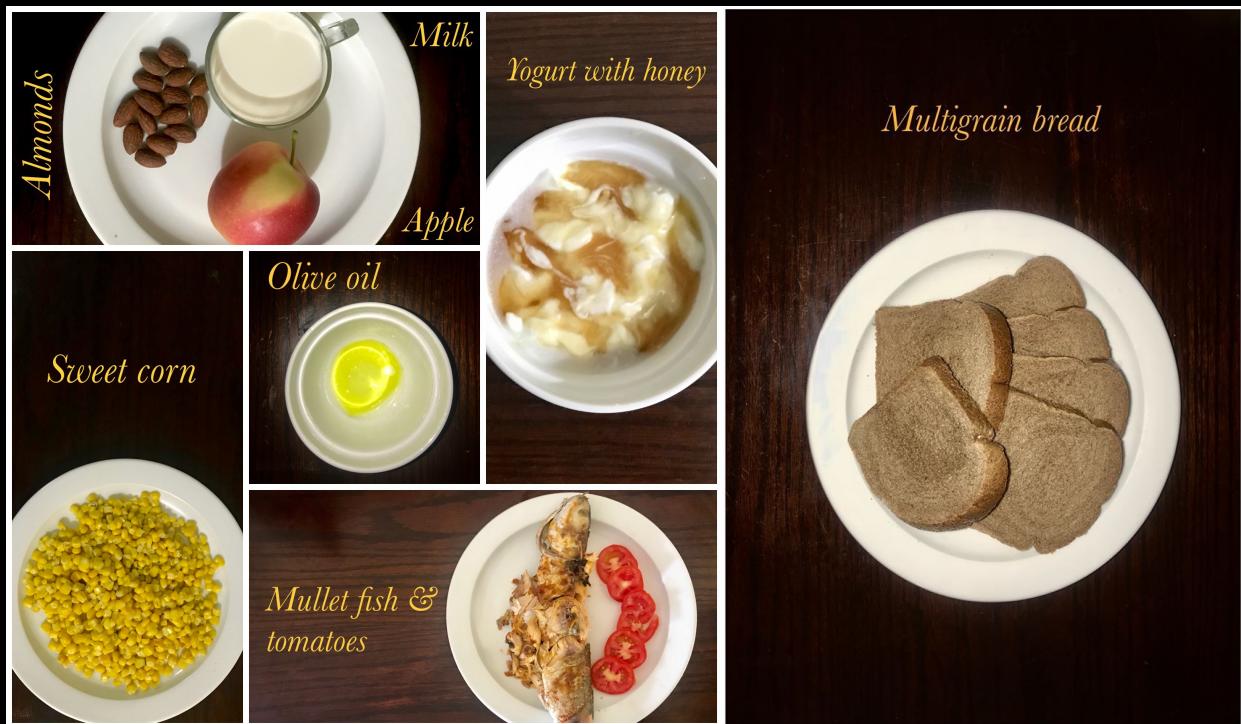
*Tomatoes: 3*

*Sweet corn: 200gm*

*Mango: one cup, pieces*

*Multi grain bread / whole wheat bread: 6 slices*

## *Example no. 2*



- *All day food:*

*Milk: 500ml*

*Almonds: 15*

*Apple: one*

*Yogurt full cream: 200gm*

*Honey: 1tbsp*

*Olive oil: 1tbsp*

*Mullet fish: 670gm*

*Tomatoes: 3*

*Sweet corn: 200gm*

*Multi grain bread / whole wheat bread: 6 slices*

## Example no. 3



- **All day food:**

Milk: 500ml

Dates: 7

Yogurt full cream: 200gm

Honey: 1tbsp

Strawberry: 200gm

Olive oil: 1tbsp

Mullet fish: 670gm

Tomatoes: 3

Sweet potatoes: 200gm

Multi grain bread / whole wheat bread: 6 slices

## Example no. 4



- **All day food:**

Milk: 500ml

Banana: 100gm

Cashew: 15

Yogurt full cream: 200gm

Honey: 1tbsp

Olive oil: 1tbsp

Mullet fish: 670gm

Tomatoes: 3

Sweet potatoes: 200gm

Multi grain bread / whole wheat bread: 6 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: 670gm

Tomatoes: 3

Potatoes: 150gm

Multi grain bread / whole wheat bread: 6 slices

## Example no. 6



- **All day food:**

Milk: 500ml

Dates: 7

Cashews: 10

Yogurt full cream: 200gm

Honey: 1tbsp

Olive oil: 1tbsp

Mullet fish: 670gm

Tomatoes: 3

Jew's mallow: 200gm

Multi grain bread / whole wheat bread: 6 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: 670gm

Tomatoes: 3

Potatoes: 200gm

Multi grain bread / whole wheat bread: 6 slices