



7-day meal plan

WITH NUTRITIONAL BENEFITS

Day 1

BREAKFAST

- TAPSILOG
(TAPA + SINANGAG + EGG)



NUTRITIONAL BENEFITS

- IRON AND B-VITAMINS
- CARBS

LUNCH

- SINIGANG NA BABOY
- RICE



DINNER

- GINISANG SAYOTE
WITH GROUND PORK
- RICE



NUTRITIONAL BENEFITS

- LOW CALORIE,
- HIGH FIBER
- VITAMIN C
- POTASSIUM

Day 2

BREAKFAST

- PAN DE SAL WITH CHEESE
- HOT CHOCOLATE



NUTRITIONAL BENEFITS

- CARBS
- CALCIUM & PROTEIN

NUTRITIONAL BENEFITS

- PROTEIN
- VINEGAR MAY HAVE ANTIMICROBIAL EFFECTS



LUNCH

- CHICKEN ADOBO
- RICE
- SAUTÉED KANGKONG

DINNER

- TINOLANG MANOK
- RICE



NUTRITIONAL BENEFITS

- PROTEIN
- IRON
- CALCIUM

Day 3

BREAKFAST

- CHAMPORADO
- TUYO



NUTRITIONAL BENEFITS

- CARBS
- IRON
- OMEGA-3
- MAGNESIUM

NUTRITIONAL BENEFITS

- IRON AND ZINC
- ANTIOXIDANTS AND IMMUNE SUPPORT



LUNCH

- BISTEK (BEEF STEAK)
- RICE
- ATSARA (PAPAYA RELISH)

DINNER

- GINISANG MONGGO
- RICE
- BANANA



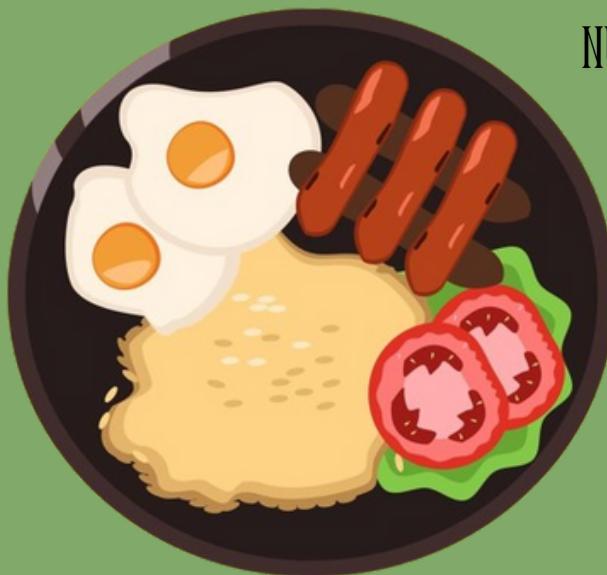
NUTRITIONAL BENEFITS

- HIGH IN PLANT-BASED PROTEIN AND FIBER

Day 4

BREAKFAST

- LONGSILOG
(LONGGANISA +
SINANGAG + ITLOG)



NUTRITIONAL BENEFITS

- PROTEIN AND IRON FROM SAUSAGE AND EGG B-COMPLEX VITAMINS

NUTRITIONAL BENEFITS

- HEALTHY FATS FROM PEANUTS (GOOD FOR HEART HEALTH)
- PROTEIN
- VITAMINS A & K



LUNCH

- KARE-KARE
- RICE

DINNER

- TORTANG TALONG
- RICE
- FRESH CUCUMBER SALAD



NUTRITIONAL BENEFITS

- FIBER AND ANTIOXIDANTS
- PROTEIN

Day 5

BREAKFAST

- ARROZ CALDO WITH EGG + CALAMANSI



NUTRITIONAL BENEFITS

- EASY TO DIGEST
- CARBS
- PROTEIN
- GINGER HELPS WITH DIGESTION AND INFLAMMATION

NUTRITIONAL BENEFITS

- OMEGA-3 FATTY ACIDS (GOOD FOR THE HEART AND BRAIN) CALCIUM FROM BONES (IF EATEN WHOLE)



LUNCH

- DAING NA BANGUS + ENSALADANG KAMATIS
- RICE

DINNER

- VEGETABLE LUMPIA
- RICE



NUTRITIONAL BENEFITS

- FRESH VEGETABLES PACKED WITH VITAMINS AND FIBER

Day 6

BREAKFAST

- FRIED RICE WITH SHRIMP
- ITLOG NA MAALAT WITH TOMATO



NUTRITIONAL BENEFITS

- PROTEIN FROM SHRIMP AND EGG
- LYCOPENE FROM TOMATO (ANTIOXIDANT)

NUTRITIONAL BENEFITS

- TILAPIA IS RICH PROTEIN



LUNCH

- GRILLED TILAPIA
- RICE

DINNER

- CARBONARA



NUTRITIONAL BENEFITS

- CARBS FOR ENERGY

Day 7

BREAKFAST

- TOCILOG
(TOCINO + SINANGAG + EGG)



ESSENTIAL NUTRIENTS

- PROTEIN & IRON
ENERGY-RICH DUE TO CARBS AND FATS

ESSENTIAL NUTRIENTS

- HIGH PROTEIN BUT ALSO HIGH IN SATURATED FAT
-CONSUME IN MODERATION PINAKBET OFFERS VITAMINS A, C, POTASSIUM, AND FIBER



LUNCH

- PINAKBET
- RICE

DINNER

- POCHERO OR NILAGANG BAKA
- RICE



ESSENTIAL NUTRIENTS

- RICH BROTH WITH COLLAGEN VEGETABLES LIKE CABBAGE, POTATO.
- BEEF ADDS IRON AND PROTEIN