

NutriDiet - Diet Plan

Monday Diet Plan

TDEE: 1595.88

Breakfast

Cooked meat(85g), Apple

Snack 1

Lunch

1 whole egg + 4 egg whites, Any vegetable(80g), Leafy greens, 2 TBSP (30g) reduced-calorie salad
dre

Snack 2

Soy nuts(30g), Leafy greens(Any Amount)

Dinner

Cooked fish(100g), 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), Small handful of
nuts

Snack 3

Fruit Juice(125ml)

NutriDiet - Diet Plan

Tuesday Diet Plan

TDEE: 1595.88

Breakfast

Cooked meat(85g), Dried Fruit(Handfull)

Snack 1

Lunch

Cooked meat(85g), Leafy greens(Any Amount), Leafy greens, 1 TBSP (20g) jam, jelly, honey, syrup, sug

Snack 2

Soy nuts(30g), Any vegetable(80g)

Dinner

soymilk(83.3ml), 2 vegetables 80g, Leafy Greens, 2 corn tortillas, 2 TBSP (30g) reduced-calorie sa

Snack 3

Fruit Juice(125ml)

NutriDiet - Diet Plan

Wednesday Diet Plan

TDEE: 1595.88

Breakfast

Cooked fish(100g), Fruit Juice(125ml)

Snack 1

Lunch

Cooked meat(85g), Any vegetable(80g), Leafy greens, Small handful of nuts, 2 corn tortillas, Berries

Snack 2

Soy nuts(30g), Leafy greens(Any Amount)

Dinner

1 whole egg + 4 egg whites, 2 vegetables 80g, Leafy Greens, Half Large Potato(75g), 2 TBSP (30g)
red

Snack 3

Orange

NutriDiet - Diet Plan

Thursday Diet Plan

TDEE: 1595.88

Breakfast

soymilk(83.3ml), Banana

Snack 1

Lunch

Cooked meat(85g), Any vegetable(80g), Leafy greens, 2 TSP (10 ml) olive oil, Whole Grain Bread(1
sli

Snack 2

Soy nuts(30g), Leafy greens(Any Amount)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Half Large Potato(75g), 1 TBSP (20g) jam, jelly,
hone

Snack 3

Banana

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Friday Diet Plan

TDEE: 1595.88

Breakfast

Cooked meat(85g), Dried Fruit(Handfull)

Snack 1

Lunch

Yogurt(1 cup), Leafy greens(Any Amount), Leafy greens, 2 TBSP (30g) reduced-calorie salad dressin, 2

Snack 2

Low fat milk(250ml), Any vegetable(80g)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Oats(250g), 1/2 ounce grated Parmesan cheese, Cooked

Snack 3

Orange

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Saturday Diet Plan

TDEE: 1595.88

Breakfast

Yogurt(1 cup), Apple

Snack 1

Lunch

1 whole egg + 4 egg whites, Leafy greens(Any Amount), Leafy greens, 1 TBSP (20g) jam, jelly, honey,

Snack 2

Soy nuts(30g), Leafy greens(Any Amount)

Dinner

soymilk(83.3ml), 2 vegetables 80g, Leafy Greens, 2 corn tortillas, 1/4 medium avocado, Cooked fish

Snack 3

Banana

NutriDiet - Diet Plan

Sunday Diet Plan

TDEE: 1595.88

Breakfast

Cooked fish(100g), Apple

Snack 1

Lunch

Yogurt(1 cup), Leafy greens(Any Amount), Leafy greens, 1/2 ounce grated Parmesan cheese, Half Large

Snack 2

boiled chick peas with squeezed lemon(60g), Any vegetable(80g)

Dinner

soymilk(83.3ml), 2 vegetables 80g, Leafy Greens, Cooked Grain(150g), Small handful of nuts, Cooked

Snack 3

Banana

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