

Maintenance 2400 cal.

	Breakfast	Lunch	Dinner	Snack
Monday	250ml milk 50g. cereal 40g. oats	150g. chicken 400g. pasta 100g. feta	150g. chicken ½ bag rice 1slice bread	30g. almonds
Tuesday	2 slices bread 250ml milk 20g. peanut butter 3 eggs 25g. protein	100g. tuna 100. quinoa 100g. feta	100g. lentils 100g. feta 2slices bread 100g. potatoes	1 banana 25g. protein 50g. carbs
Wednesday	50g. cereal 250ml milk 50g. oats	½ bag rice 150g. chicken 100g. feta	½ bag rice 150g. chicken 100g. feta	25g. protein 50g. carbs
Thursday	3 eggs 250ml milk	300g. pasta 200g. beef 100g. feta	300g. pasta 200g. beef 100g. feta	-
Friday	250ml milk 50g. cereal 25g. protein	100g. tuna 200g. potatoes 100g. feta	200g. peas 100g. feta	25.g protein 30g. almonds
Saturday	FREEDOM	FREEDOM	FREEDOM	FREEDOM
Sunday	3 egg whites 250ml milk 1 slice bred	200g. pork 200g. pasta 100g. feta	200g. pork 200g. pasta 100g. feta	-

Water: 3L/day

IF YOU WANT IT YOU HAVE TO WORK HARD TO EARN IT