Diet 1300 cal.

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|  | **Breakfast** | **Lunch** | **Dinner** | **Snack** |
| **Monday** | 250ml milk  30g. cereal  30g. oats | 150g. chicken  400g. pasta  50g. cheese | 150g. chicken  ½ bag rice | Fruit |
| **Tuesday** | 1 slices bread  250ml milk  2 eggs  25g. protein | 100g. tuna  100. quinoa  50g. cheese | 100g. lentils  50g. cheese | Fruit |
| **Wednesday** | 30g. cereal  250ml milk  30g. oats | ½ bag rice  150g. chicken | ½ bag rice  150g. chicken | Fruit |
| **Thursday** | 3 eggs  250ml milk | 200g. pasta  150g. beef | 200g. pasta  150g. beef | Fruit |
| **Friday** | 250ml milk  40g. cereal  25g. protein | 100g. tuna  200g. potatoes  100g. feta | 100g. lentils  50g. feta | 30g. almonds |
| **Saturday** | Flexible breakfast | Fish  Potatoes | Cheat meal | Healthy snack |
| **Sunday** | 2 egg whites  250ml milk | 100g. pork  200g. pasta | 100g. pork  200g. pasta | Fruit |

\* Salad (whatever you like) included in both launch and dinner

\* 2.2 litres water/day