Maintenance 2400 cal.

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| --- | --- | --- | --- | --- |
|  | **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**