

24#####

Expert Advice: #####2023#####2022#####5g#####
 3.5–4g#####25g#####500g/####200–350g/#####1/3#####19:00#####BMI#####22.8#####
 ##########

Weekly Schedule

Day	Breakfast	Lunch	Dinner
Monday	#####+###+## 365	###+#####+#####+##### 485	#####+###+### 420
Tuesday	#####+###+### 340	###+#####+#####+### 495	#####+###+### 410
Wednesday	#####+###+## # 370	###+###+#####+#####+#####+### ### 475	#####+###+### ## 395
Thursday	#####+### + 355	###+#####+#####+##### 480	###+#####+### 425
Friday	#####+###+## 360	###+#####+#####+##### 470	#####+###+### 405
Saturday	#####+###+## 350	###+#####+#####+#####+### 490	#####+###+### 415
Sunday	#####+###+## 345	###+#####+#####+##### 475	#####+###+### 395

Shopping List

- ####: 300g
- ####: 1400ml
- ##: 14#
- ##: 7#
- #####: 500g
- ##: 700g
- ##: 1400g
- ##: 700g
- ##: 560g
- ##: 700g
- ##: 1500g

- ###: 560g
- ###: 490g
- #: 1400g
- #####: 7#
- #####: 1750ml
- ###: 7#
- #: 560g
- ###: 560g
- ###: 35g
- #: 1400g
- #: 700g
- #: 700g
- #####: 350g
- ###: 1400g
- #: 350g
- #####: 1050g
- #: 14#
- #: 210g
- ###: 700g
- ###: 1400g
- #####: 70g
- #: 105g
- ###: 700g
- ###: 420g
- #: 280g
- #####: 105g
- #: 7#
- #####: 210g
- #: 1400g
- #: 700g
- #: 105g
- #: 105g
- #: 1050g
- #: 700g
- #: 1400g
- ###: 35g
- #####: 560g
- ###: 350g
- ###: 350g
- ###: 1400g
- ###: 560g
- #: 350g
- ###: 1400g

- ##: 1050g
- #####: 560g
- ##: 1050g
- ##: 1400g
- ###: 560g
- ####: 42#
- ##: 1400g
- ##: 35g
- ###: 280g
- ##: 1050g
- ##: 140ml
- ###: 210ml
- ####: 140ml
- #: 210ml
- #: 210g
- #: 140g
- ####: 1##
- ###: 1050g
- ##: 7#