

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#