



YOU ARE WHAT YOU EAT

Meal Plan for MAINTENANCE

Breakfast:

1 Cup Orange Juice (55)
2 Scrambled Eggs (160)
2 Slices Whole Wheat Bread (200)
Black coffee or Tea (0)

Snack:

Smoothie(170)
(1 cup Berries blended with 1 cup Milk(2%))

Lunch:

Cooked pasta with 1/5 cup beef meat (spagetti bolognese) (550)
Salad(116)

Dinner:

120gr Chicken breast (180)
1/2 Cup cooked brown rice (200)
Salad (116)
Herbal Tea (0)