

Weekly Menu Guide for Fat Loss

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	<u>Shake</u> : Soy or Almond milk Raw oats Blueberries Linseed Whey Protein	Green tea Raw Nuts or Almonds	Green salad+ peppers + raw carrot + linseed + extra virgin olive oil Grated courgette Grilled squid Cooked wholegrain pasta Citrus fruit	Low fat yogurt Medium fruit	Vegetable soup (you choose) with chicken Extra virgin olive oil
Tue	<u>Pancake</u> : Low fat yogurt + eggs + raw oats + chia seeds + Whey Protein (with any fruit)	White tea Wholemeal bread ham	Braised beef with vegetables (aubergine, tomato, broccoli) + extra virgin olive oil Cooked quinoa Citrus Fruit	Raspberries or Blueberries	Green salad + linseed + extra virgin olive oil Omelette with pepper
Wed	Tea + stevia sweetener Scrambled eggs Wholemeal bread (Toast) Tomatoes Whey Protein	Low fat yogurt Small acid fruit	Green salad + tomato+ linseed + extra virgin olive oil Grilled or baked Fish Cooked Green beans Mint Tea	Hot: soy milk Cocoa powder Stevia sweetener Medium Fruit	Mixed vegetables with cooked turkey almonds Extra virgin olive oil
Thu	<u>Bowl</u> : Low fat yogurt + nuts + strawberries + chia seeds + Whey protein	White tea Whole bread ham	Cooked vegetables (courgette, leeks, pepper, broccoli) + extra virgin olive oil Baked potato with diced grilled chicken Citrus fruit	Raspberries or Blueberries	Scrambled eggs with spinach and shrimp
Fri	<u>Shake</u> : Soy or Almond milk Raw oats Blueberries Linseed Whey Protein	Green tea Natural Nuts or Almonds	Green salad+ mushrooms+ tomato+ chia seeds + extra virgin olive oil Baked trout or salmon Cooked brown rise + Fruit	Low fat yogurt Medium fruit	Vegetables cream Grilled chicken Extra virgin olive oil

For Weekend menu you can select any day of the week