



WEIGHT LOSS - 1300-1400 Calories

MONDAY



BREAKFAST

Syrniki with Berries and Sour Cream
367 Calories | 24 Protein | 30 Carbs | 18 Fats

LUNCH

Buckwheat With Chicken in a Pot With Fresh Vegetables
540 Calories | 48 Protein | 28 Carbs | 26 Fats

DINNER

Avocado Tuna Spinach Salad
422 Calories | 24 Protein | 23 Carbs | 29 Fats

TOTAL: 1330 Cal





WEIGHT LOSS - 1300-1400 Calories

TUESDAY



BREAKFAST

**Smoked Salmon & Cream Cheese
Egg Crepes**

345 Calories | 25 Protein | 12 Carbs | 20 Fats

LUNCH

**Chicken Zucchini Muffins with Sweet
Potato & Greek Salad**

616 Calories | 48 Protein | 48 Carbs | 25 Fats

DINNER

**Arugula Salad With Shrimps And
Pine Nuts**

381 Calories | 30 Protein | 14 Carbs | 24 Fats

TOTAL: 1342 Cal





WEIGHT LOSS - 1300-1400 Calories

WEDNESDAY



BREAKFAST

Homemade Granola Parfait

437 Calories | 14 Protein | 55 Carbs | 17 Fats

LUNCH

Salmon and Broccoli Bake

477 Calories | 41 Protein | 10 Carbs | 30 Fats

DINNER

Caesar Salad With Chicken

389 Calories | 39 Protein | 13 Carbs | 18 Fats

TOTAL: 1303 Cal





WEIGHT LOSS - 1300-1400 Calories

THURSDAY



BREAKFAST

Baked Omelette Muffins With Spring Mix Salad

496 Calories | 24 Protein | 25 Carbs | 31 Fats

LUNCH

Cornish Hen With Fresh Vegetables and Baby Potatoes

580 Calories | 43 Protein | 25 Carbs | 32 Fats

DINNER

Spinach Caprese Salad

297 Calories | 14 Protein | 10 Carbs | 22 Fats

TOTAL: 1373 Cal



WEIGHT LOSS - 1300-1400 Calories FRIDAY



BREAKFAST

Egg, Salmon, Avocado Crisp Toast

412 Calories | 27 Protein | 18 Carbs | 26 Fats

LUNCH

Baked Chicken Pilaf (Plov)

478 Calories | 37 Protein | 45 Carbs | 15 Fats

DINNER

Caesar Salad With Shrimps

476 Calories | 36 Protein | 20 Carbs | 28 Fats

TOTAL: 1366 Cal





WEIGHT LOSS - 1300-1400 Calories

SATURDAY



BREAKFAST

Mango Chia Pudding

383 Calories | 12 Protein | 50 Carbs | 14 Fats

LUNCH

Broccoli Chicken Bake

422 Calories | 51 Protein | 7 Carbs | 20 Fats

DINNER

Mahi Mahi With Salad

495 Calories | 45 Protein | 22 Carbs | 23 Fats

TOTAL: 1300 Cal

