



WEIGHT LOSS FIT - 1100-1200 Calories

MONDAY



BREAKFAST

Syrniki

280 Calories | 23 Protein | 19 Carbs | 12 Fats

LUNCH

Buckwheat With Chicken in a Pot

496 Calories | 47 Protein | 17 Carbs | 26 Fats

DINNER

Avocado Tuna Spinach Salad

413 Calories | 23 Protein | 21 Carbs | 29 Fats

TOTAL: 1190 Cal





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TUESDAY



BREAKFAST

**Smoked Salmon & Cream Cheese
Egg Crepes**

345 Calories | 25 Protein | 12 Carbs | 20 Fats

LUNCH

Chicken Zucchini Muffins & Greek Salad

452 Calories | 46 Protein | 23 Carbs | 19 Fats

DINNER

**Arugula Salad With Shrimps And
Pine Nuts**

293 Calories | 18 Protein | 13 Carbs | 20 Fats

TOTAL: 1090 Cal





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WEDNESDAY



BREAKFAST

Homemade Granola Parfait

403 Calories | 11 Protein | 55 Carbs | 16 Fats

LUNCH

Salmon Fillet With Broccoli

311 Calories | 27 Protein | 13 Carbs | 17 Fats

DINNER

Caesar Salad With Chicken

471 Calories | 40 Protein | 13 Carbs | 27 Fats

TOTAL: 1185 Cal





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THURSDAY



BREAKFAST

Baked Omelette Muffins

351 Calories | 21 Protein | 15 Carbs | 22 Fats

LUNCH

Cornish Hen With Fresh Vegetables

490 Calories | 40 Protein | 9 Carbs | 32 Fats

DINNER

Spinach Caprese Salad

297 Calories | 14 Protein | 10 Carbs | 22 Fats

TOTAL: 1138 Cal





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FRIDAY



BREAKFAST

Egg, Salmon, Avocado Crisp Toast

266 Calories | 19 Protein | 12 Carbs | 16 Fats

LUNCH

Chicken Breast With Rice

372 Calories | 37 Protein | 50 Carbs | 1.4 Fats

DINNER

Caesar Salad With Shrimps

476 Calories | 36 Protein | 21 Carbs | 28 Fats

TOTAL: 1114 Cal





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SATURDAY



BREAKFAST

Oat Crepe With Cheese & Tomatoes
356 Calories | 19 Protein | 26 Carbs | 18 Fats

LUNCH

Broccoli Chicken Bake
426 Calories | 51 Protein | 7.5 Carbs | 20 Fats

DINNER

Mahi Mahi With Salad
388 Calories | 24 Protein | 20 Carbs | 22 Fats

TOTAL: 1170 Cal

