

SAMPLE WEEK

Immunity booster (2000 Calories per day)

	Day 1	Day 2	Day 3	Day 4	Day 5
	1800 Calories	1800 Calories	1800 Calories	1800 Calories	1800 Calories
Breakfast	Breakfast: Calories 450 g Protein -8 g Carbs - 8g Fat-1g 1 cup Yougut 12 cup Straberries	Breakfast 480 Carb 12g,protien 14g fat 8g 2 Rice cakes 2 Tbsp almond buter 1 grape fruit 1 cuo green or black tea	Breakfast: 465kcal carb 7 g,protien 18g n fat 1 g 1 Yougut smoothe 1 cup Yougut with 4 pcs of raspberries	Breakfast: 450 carb 14g protien 12 g fat 4g Cereal Mix 1 cup whole grain ceral with 6 Blue berries 1 cup green tea	Breakfast: 465 Carb 18g ,protien,8g fat 2g Oats Meal 1/4 cup dry resins 1 Cup cooked oats meal 1 cup Orange juice 2 slices Kiwi
	Snack	Snack 1: Calories - 1800g Protein -2 g Carbs - 9g Fat2g 5 gm of Quaker squares with alomods and Butter 1 tbsp Guava 2 small- 100 gms	Snack 1 185 Carb 0.2g protien 0.3 n fat 0g 1 orange + water melon 100 gm	Snack 1: 90 Carb 11g protien 14g fat 9g Avacoda Cheese pita 1/4 Avacado + 4 Straberries 1/2 whole wheat pita and 1 oz chedder cheese	Snack 1: 190kcl carb 9g protien 0.5g fat 0g Green apple 1 medium size
Lunch	Lunch: Calories 480 Protein -30 g Carbs -14 g Fat-6g Tuna Baked 2 Hard Boil eggs sliced 1 whole wheat Trotilla 1/2 cup luctuss , 50 gm Tuna mixed with 1 Tsp of Lite mayaniise 1/3 avacoda sliced	Lunch: 510 carb 21g protien 23g fat 13g Roasted Lamb 200 gms Sweet Potato roasted Sprouts Zuchine, carrots , om=nion, pumpkin	Lunch: 470 Carb 12 g protien 28g fat 12 g Grilled Teryaki Orange Tukey Breast 1/2 Cup cooked quinoa 1 cup kale stir fryed with olive oil and 1 garlic clove	Lunch: 495 Carb 21g protien 8g fat 5g Sweet Red pasta 1/2 grapefruit	Lunch: 490 Carb 22g protien 30g fat 18g Chicken and Almond stir fry - 200 g 150g Brown rice
	Snack	Snack 2: Calories 175 - Protein - 0.1g Carbs -4g Fat- 0g Kiwi + pinneapple slices 100 gms	Snack 2: 180 carb 6g protien 8g fat 1g 1 guava	Snack 2: 180 Carb 4g protien 0.2 g n fat 0g 100 g watermelon	Snack 2: 165kcal carb 4 g protien 0.3g fat 0 10 Baby Carrots sticks Orange slices 4 pcs
Dinner	Dinner: Calories 490-g Protein -28 g Carbs - 14 g Fat-9g Honey lime glazed salmon 1/2 cuo cooked beans 1/2 cup cooked brown roce 1/4 Caneteloupe cuts in chunks	Dinner: 430 kcal Carb 20 g protein 26g fat 10 g Quinoa, Lentil, Vegetable Mix 100g of Tuna in olive oil Green salad Bowl with 1 tbsp light dressing on salad	Dinner: 440 Carb 14g protien 26g fat 9g Arugul - Tuna wrap	Dinner: 490 carb 24g protien 28g fat 11g Beef Caser Salad Beef 150g Garlic bread	Dinner: Calories - 485 carb 16g protien 29g fat 9g Lemon Chicken Sauted vegetebie