

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Mango & Chia Seed Yoghurt served with Granola	(201 calories, 14 g carbohydrates) • 1 cup nonfat plain Greek yogurt • 1/3 cup blackberries • 1 Tbsp. chopped walnuts	(288 calories, 22 g carbohydrates) 1 serving Greek Muffin-Tin Omelets with feta & Peppers 1 medium orange	(288 calories, 22 g carbohydrates) 1 serving Greek Muffin-Tin Omelets with Feta & Peppers 1 medium orange	(229 calories, 30 g carbohydrates)1 serving Blueberry Almond Chia Pudding
Snack-1	Snack 1: Fresh Apple & Cashew Nuts	Snack 1: Snack (70 calories, 18 g carbohydrates) 2 Celestines	Snack 1: Snack (131 calories, 35 g carbohydrates) 1 large pear	Snack 1: Snack (35 calories, 9 g carbohydrates) 1 Clementine	Snack 1: Snack (35 calories, 9 g carbohydrates) 1 Clementine
Lunch	Lunch: Smoked Salmon & Tomato Ceviche Salad	Lunch (360 calories, 30 g carbohydrates) White Bean & Veggie Salad	Lunch (344 calories, 47 g carbohydrates) 100 gms of Lemon baked chicken with 100 gms of avacodo	Lunch (344 calories, 47 g carbohydrates) Cabbage soup with 100 gms of Baked Chicken	Lunch (344 calories, 47 g carbohydrates) Beef broth with 100 gms of sauted mashrroms and aspragusse
Snack-2	Homemade Nut, Dried Fruit & Granola Bar	Rasberries (32 calories, 7 g carbohydrates) 1/2 cup raspberries	Bell papper (51 calories, 10 g carbohydrates) 1 large bell pepper, sliced	Pear's (131 calories, 35 g carbohydrates) 1 large pear	Muffin (226 calories, 7 g carbohydrates) Greek Muffin-Tin Omelets with Feta & Peppers
Dinner	Massaman, Free-range Chicken Curry served with green beans and red peppers & Brown Rice	Dinner (555 calories, 37 g carbohydrates) Gineger rosemary Oven-Baked Salmon & Vegetables	Dinner (394 calories, 14 g carbohydrates) Homemade Chicken Tenders with Everything Bagel Seasoning over Salad	Dinner (411 calories, 25 g carbohydrates) Chicken Cutlets with Sun-Dried Tomato Cream Sauce 2 cups steamed broccoli florets	Dinner (376 calories, 21 g carbohydrates) Pan Maple-Mustard Fish & Carrots