



### Breakfast (9am to 11 pm):

1. 1/2 balady bread or ( medium) + 3 spoons foul with lemon without oil + cucumbers

2. 1/2 balady bread + 3 air fryer falafel + cucumber.

3. 2 eggs omelette + 1/2 balady + cucumbers ( 3 days per week without bread)

4. 5 spoons plain oats with 1/2 cup milk and half banana slices and cinnamon .

### Snack 1 1pm

☐ 1 apple slices or 1 orange

( lunch is 1 day with carb , 1 day without carb

Lunch : (4 pm to 6pm ) ( 1 of the following options)

Day 1, 6: 200 gm grilled shishtaook breast + 3 spoons boiled rice or 1 baked potatoes + 1 bowl of green salad

Day 2 ,7: 1 grilled chicken breast grilled + 2 cups of salad or 2 cups sautéed vegetables.

Day 3 ,8 : 150 gm grilled steak + 5 table spoons white basmati rice + 1 small bowl cooked vegetables.

Day 4,9 : 200 gm grilled fish + 2 cups of green salad.

Day 5,10 : 4 pieces of kofta ( 150gm) + 1/2 balady + 1 cup of green salad

Snack 6pm ( 1 on of the following options)

1. 1 protein bar ( lite bite )
- 2 . 15 pcs of mixed nuts

**Dinner ( 9PM)** (choose 1 option only )

- 1) 1 cup juhina nonfat greek yogurt with 1/2 cup pomegranate
- 2) 1 can tuna ( without oil) + lettuce and light yogurt dressing.
- 3) 2 eggs omelette + cucumbers.

**Notes..**

1. drink 3 litres of water daily.(MUST)
2. 1 scoop whey protein after workout. On workout days
3. lunch is preferably before 7 pm
4. 3 hours mean meals is a must .
5. 1 fruit alternative = 1 orange, 1 apple, 2

small tangerine, 5 strawberries, 1/2 cup pomegranate

6. Green salad = 1/2 tomatoes + 1 cucumber + 1/2 carrot + 1/2 bell peppers + 1 spoon corn + lettuce and rocca leaves with light Italian dressing

**THE  
FTNS  
TRUCK**

