



1 banana with coffee pre workout.

Breakfast 9 am (1 of these options)

- A) 2 eggs omelette + 2 brown toast + salad.
- B) 4 spoons fowl + 1 small spoon olive oil + 1/2 balady + 1 cucumber.
- C) 1 slice light cheese 2 toast + 3 slices fresh turkey with cucumbers and lettuce
- D) 5 spoons oats + 1/2 cup almond milk + 1 small cup low fat greek yogurt cinnamon + 1/2 banana + stevia

Snack 12 pm (1 of the following)

1..chicken ceaser salad , made with 1 grilled chicken breast +lettuce + 1 table spoon parmesan cheese + light ceaser sauce

Ceaser sauce : 1 teaspoon yougurt, garlic , mustard, 1 teaspoon vinger.

2. 1 lite bite protien bar.

Lunch 7 pm:(one of the following options)

DAY 1 , 5: 200 gm chicken caprese (recipe below) + 3 spoons white basmati rice + 1 big cup green salad

DAY 2 , 6 grilled burger 170 gm non fat beef + side 1 cup green salad or Sautéed) zucchini ,brocoli , mushrooms, carrots)

Day 3 ,7 200 gm or 8 pieces grilled shrimps or 1 salmon fillet or grilled fish + fresh green salad + 3 spoons white basmati rice

Day 4,8: healthy beef fajitas

200 gm beef shredded add peppers and onions and fajitas spices then cook with cookingspray + 1 small brown tortilla bread + 1 slice tomatoes and musturd.

Day 9, 10 (no carbs) :

2 pieces grilled salmon + 2 cups sautéed vegetables.

Dinner :7 pm (one of the following

1)4 spoons cottage cheese with tomatoes+ salad + 2 rice cakes.

2)1 cup low fat Greek yoghurt low fat + 1 apple or 5 strawberries.

Notes .

1)Must always start each of your meals and snack with 1 small bottle of water 600 ml.

2) Half a cup of skimmed milk for coffee or tea throughout the whole day.

3)Try to switch between options.

- 4) Leave 3 hours between each of the meals and snacks.
- 5) minimum of 6 to 8 small bottles water per day .
- 6) Optional u can switch between dinner and lunch so u can have your main meal as dinner 3 hours before bedtime
- 7) All fruits are allowed except dates and graps and fig and not more than 150 grams



GRILLED CHICKEN MARGHARITAS Ingredients

Direction

- 1) Add salt, pepper, onion, garlic powder to chicken breast then stir fry on a pan using cooking spray.
- 2) Add to each piece of chicken layers of 1/2 pizza sauce, 1 thin slice or 1 table spoon shredded of mozzarella cheese. Then add the cherry tomato and Italian seasoning on top.
- 3) Put in the oven for 10 mins then top it with pesto sauce as garnish (1/2 spoon on top of every piece of chicken).

4 boneless skinless chicken breasts,

salt and pepper to taste

2 tablespoons olive oil

1 teaspoon garlic powder

1 teaspoon Italian seasoning (OR 1/2 teaspoon dried oregano + 1/4 teaspoon dried basil + 1/4 teaspoon dried thyme)

4 slices mozzarella cheese

1/2 cup basil pesto

1/2 cup cherry tomatoes, halved

1 tablespoon fresh lemon juice

1/4 cup packed basil leaves, very thinly sliced

cracked black pepper

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by **SHAHIRA**
SHEHATA

THE FTNS TRUCK