

1 banana with coffee pre workout.

Breakfast 9 am (1 of these options)

- A) 2 eggs omelette + 2 brown toast + salad.
- B)4 spoons foul + 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)

<u>DAY 1, 5</u>: 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)

<u>Day 3,7</u>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 picecs grilled salmon + 2 cups sautéed vegetables.

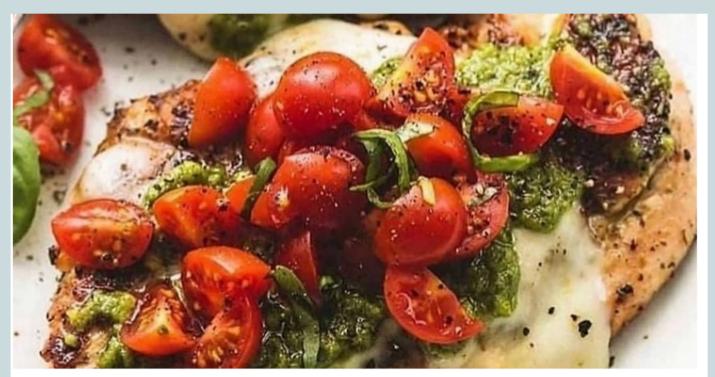
Dinner: 7 pm (one of the following

- 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 dinner3 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 the each piece of chicken layers of 1/2 pizza sauce, 1 thin slice or 1 table spoon shredded of mozzarella cheese .the 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 $\frac{1}{2}$ teaspoon dried oregano + $\frac{1}{4}$ teaspoon dried basil + $\frac{1}{4}$ teaspoon dried thyme)

4 slices mozzarella cheese ½ cup basil pesto

½ cup cherry tomatoes, halved 1 tablespoon fresh lemon juice ¼ cup packed basil leaves, very thinly sliced cracked black pepper

SHAHLRA

THE STANSING