

Weight Loss Meal Plan

Day 1:

Total Nutritional Values:

1500 calories
120 g protein
150 grams of
carbohydrates
50 g fat

Meal 1:

2 Boiled Eggs
1 Slice of Wholemeal Bread
1/2 Avocado

Meal 2:

200 gr Grilled Chicken Breast
100 gr Boiled Brown Rice
100 gr Boiled Broccoli

Meal 3:

150 gr Greek Yogurt 2% Fat
100 gr Berries

Meal 4:

150 gr Oven Baked
Salmon
100 gr Boiled Quinoa
100 g Spinach

Meal 5:

1 Medium Apple
20 gr Raw Almonds

Weight Loss Meal Plan

Day 2:

Total Nutritional Values:

1503 calories
120 g protein
150 grams of
carbohydrates
54 g fat

Meal 1:

2 Boiled Eggs
1 Slice of Wholemeal Bread
1/2 Avocado

Meal 2:

200 gr Grilled Chicken Breast
100 gr Boiled Brown Rice
100 gr Boiled Broccoli

Meal 3:

150 gr Greek Yogurt 2% Fat
100 gr Berries

Meal 4:

150 gr Oven Baked
Salmon
100 gr Boiled Quinoa
100 g Spinach

Meal 5:

1 Medium Apple
20 gr Raw Almonds

Weight Loss Meal Plan

Day 3:

Total Nutritional Values:

800 calories
80 grams of protein
89 g carbohydrates
39 g fat

Meal 1:

200 ml Spinach, Banana and Almond Milk Smoothie

Meal 2:

150 gr Grilled Turkey Breast
200 gr Steamed Vegetables

Meal 3:

200 gr Greek Yogurt with 10 gr
Honey

Meal 4:

100 gr Grilled Salmon
150 gr Steamed
Vegetables

Meal 5:

50 gr Hazelnuts

Weight Loss Meal Plan

Day 4:

Total Nutritional Values:

800 calories
95 g protein
78 g carbohydrates
38 g fat

Meal 1:

200 ml Freshly Squeezed Orange Juice

Meal 2:

200 gr Oven Baked Chicken Breast
200 gr Vegetable Salad

Meal 3:

100 gr Cottage
Cheese
1 Medium Apple

Meal 4:

150 gr Canned Tuna
150 gr Wholemeal Pasta

Meal 5:

30 gr
Almonds

Weight Loss Meal Plan

Day 5:

Total Nutritional Values:

800 calories
114 grams of protein
97 g carbohydrates
29 g fat

Meal 1:

200 ml Strawberry and Greek Yogurt Smoothie

Meal 2:

200 gr Grilled Chicken Breast
150 gr Boiled Wild Rice
150 gr Vegetable Salad

Meal 3:

200 gr Cottage Cheese 2% Fat

Meal 4:

150 gr Oven Baked Cod
Fillet
200 gr Boiled Sweet
Potatoes
1 Medium Orange
30 gr Raw Almonds

Meal 5:

Weight Loss Meal Plan

Day 6:

Total Nutritional Values:

815 calories
97 grams of protein
82 g carbohydrates
41 g fat

Meal 1:

200 ml Almond Milk with 40 gr Whole Grains

Meal 2:

200 gr Grilled Turkey Breast
150 gr Boiled Green Beans

Meal 3:

200 gr Greek Yogurt 2% Fat with 20 gr Honey

Meal 4:

150 gr Grilled Beef Tenderloin
200 gr Steamed Vegetables

Meal 5:

1 Banana
25 g
Walnuts

DRY CLEAN
NUTRITION

Weight Loss Meal Plan

Day 7:

Total Nutritional Values:

800 calories
90 g protein
85 g carbohydrates
41 g fat

Meal 1:

2 Slices of Whole Wheat Bread with 2 Slices of Avocado

Meal 2:

200 gr Grilled Chicken Breast
150 gr Boiled Brown Rice
100 gr Boiled Carrots

Meal 3:

150 gr Greek Yogurt with 10 gr
Honey

Meal 4:

150 gr Oven Baked Salmon
Fillet
150 gr Boiled Quinoa

Meal 5:

1 Medium Apple
20 gr Raw Almonds