



MENU EATING CLEAN

SIMPLE WAY TO LOSE
»»» **5KG** «««

MONDAY

BREAKFAST

Banana, granola, yogurt
peanut butter, blueberries

LUNCH

Steamed fish, brown rice, grilled
pumpkin, boiled vegetables



DINNER

Brown rice, boiled shrimp
boiled vegetables



SNACK

Fruit



TUESDAY

BREAKFAST

Boiled egg, avocado, zucchini
mixed with sauce

LUNCH

Brown rice, boiled eggs, boiled
corn boiled vegetables



DINNER

Pan-fried salmon, pineapple,
boiled vegetables



SNACK

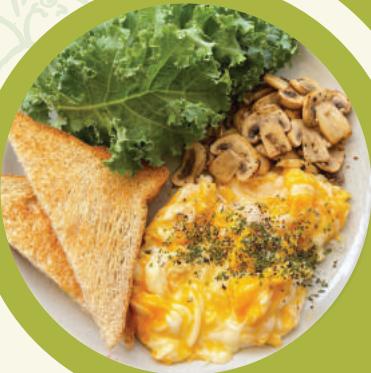
Boiled eggs



WEDNESDAY

BREAKFAST

Toast, kale, omelet, grilled mushrooms



LUNCH

Brown rice, boiled chicken breast, sauteed mushrooms, boiled vegetables



DINNER

Brown rice, scrambled eggs, boiled tofu, zucchini



SNACK

Grain



THURSDAY

BREAKFAST

Blueberries, bananas, peanut butter, yogurt, cereals

LUNCH

Brown rice, fried chicken breast with bell pepper



DINNER

Brown rice, grilled salmon, grilled mushrooms, boiled vegetables



SNACK

Boiled eggs



FRIDAY

BREAKFAST

Black bread, butter, omelet, strawberries



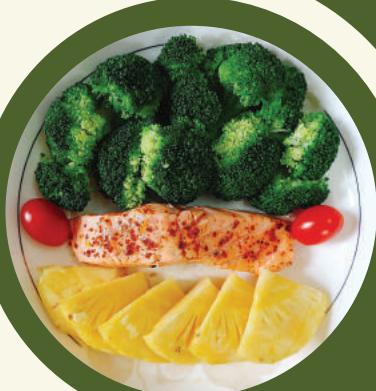
LUNCH

Brown rice, boiled eggs, fried mushrooms, boiled vegetables



DINNER

Shrimp salad, avocado, cherry tomatoes, sprouts



SNACK

Grain



SATURDAY

BREAKFAST

Black bread + peanut butter, omelet, apple



LUNCH

Brown rice, pan-fried fish fillet, pumpkin, boiled vegetables



DINNER

Brown rice, boiled egg, hot dog sauce, kale



SNACK
Fruit

SUNDAY



BREAKFAST

Strawberry, yogurt,
granola, blueberry

LUNCH

Brown rice, boiled chicken breast,
boiled vegetables



DINNER

Brown rice, Stir-fried
chicken breast with bow soup



SNACK

Fruit