



# **E** 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