



Mihnea Călin

Healthy 7-day Menu

Eat healty, live long, live strong!





Contents

1st Day.....3

2nd Day.....4

3rd Day.....5

4th Day.....6

5th Day.....7

6th Day.....8

7th Day.....9



«1st Day»

Breakfast

- A cup of tea

- A slice of bread with 200g yogurt

Snack

- 2 kiwis

Lunch

- Cabbage salad 300g
- Grilled turkey 150g

Snack

-1 apple

Dinner

-Vegetable cream soup 300g
-Cow cheese 100g

Caloric energy: 1060 Kcal

«2nd Day»

Breakfast

- A cup of tea

- A slice of bread with 100g defatted cheese

Snack

- 200g baked pumpkin

Lunch

- Zucchini soup 300g
- Defatted cheese 150g

Snack

- -200g baked pumpkin

Dinner

-Cabbage salad 300g
-Grilled fish 200g

Caloric energy: 1100 Kcal

«3rd Day»

Breakfast

- A cup of tea

- A slice of bread with lean turkey ham 50g

Snack

- 2 slices of pineapple

Lunch

- Grilled mushrooms 100g
-Lettuce salad 150g
- Grilled chicken 150g

Snack

- -2 slices of pineapple

Dinner

-Vegetable cream soup 300g
-Cow cheese 100g

Caloric energy: 1080 Kcal

«4th Day»

Breakfast

- A cup of tea

- 1 Defatted yogurt

Snack

- 2 kiwis

Lunch

- Cucumber salad 300g
- Grilled chicken 150g

Snack

-2 kiwis

Dinner

-Cucumber salad 300g
-Grilled turkey 100g

Caloric energy: 1090 Kcal

«5th Day»

Breakfast

- A cup of tea

- 2 slices of bread with mashed vegetables

Snack

- 1 pear

Lunch

- Cabbage salad 300g
- Grilled chicken liver 100g

Snack

-1 pear

Dinner

-Red cabbage soup
-Cow cheese 100g

Caloric energy: 1172 Kcal

«6th Day»

Breakfast

- A cup of defatted milk

- A slice of bread with defatted cheese 100g

Snack

- 1 kiwi

Lunch

- Roasted peppers salad 300g
- Grilled chicken 150g

Snack

-1 kiwi

Dinner

- Roasted peppers salad 300g
-A boiled egg

Caloric energy: 1110 Kcal

«7th Day»

Breakfast

- A cup of tea

- A slice of bread with goat cheese 50g

Snack

- 1 Apple

Lunch

- Carrot salad 300g
- White fish 100g

Snack

-1 quince

Dinner

-Carrot cream soup 250g
-Defatted cheese 100g

Caloric energy: 990 Kcal