

# WEEK IN MY LIFE ON DIET

<b>DAY</b>	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>
<i>Monday</i>	Flakes with fruit	A Banana	Spinch and chicken	An apple	Cracker with tuna
<i>Tuesday</i>	Toast with fresh cheese	Lemonade		Green tea	Banana split - smootie
<i>Wednesday</i>	Fruit salat: pomergranate, apple, banana, tangarines.	Three plums	Beans	An apple with a little bit of peanut butter	Fruit mash
<i>Thursday</i>	Cracker with tuna	An apple	Scrambled eggs	Green tea	Green tea
<i>Friday</i>	Fruit mash			A banana	French toast (just one)
<i>Saturday</i>	Green smootie	Fruit salat: pomergranate, apple, banana, tangarines.	Cordon blue (meat)	Elvita cracker	Tuna with fresh cheese
<i>Sunday</i>	An apple with a little bit of peanut butter	Pomergranate		Cracker (salted)	Cracker with tuna

- Every week I have 3 meals like "cheat" (what is not on diet program).
- Every day I do yoga in the morning and at midnight I have training

# Healthy diet

	breakfast	snack	lunch	snack	dinner
<b>MONDAY</b>	<i>Healthy fruit ice cream</i>	<i>healthy biscuit</i>	<i>Bean and barley soup</i>	<i>0.5 l of yogurt</i>	<i>Spaghetti with mushrooms,</i>
<b>TUESDAY</b>	<i>Banana, strawberry and spinach smoothies</i>	<i>apple</i>	<i>Pancakes stuffed with zucchini and cheese</i>	<i>nuts if desired</i>	<i>chickpeas cur</i>
<b>WEDNESDAY</b>	<i>avocado with healthy bread</i>	<i>avocado</i>	<i>millet with vegetables</i>	<i>bananas and peanut butter</i>	<i>chicken</i>
<b>THURSDAY</b>	<i>protein pancakes</i>	<i>strawberries</i>	<i>lenses of lenses</i>	<i>slice of bread or raw carrots and cucumber with hummus</i>	<i>roasted veget</i>
<b>FRIDAY</b>	<i>oatmeal cooked in vegetable milk of your choice, with cinnamon and fruit of your choice</i>	<i>pear</i>	<i>buritto stuffed with both rice and meat of your choice</i>	<i>strawberry pudding with chia seeds</i>	<i>Sethane steak potato potato cucumber sal</i>
<b>SATURDAY</b>	<i>chocolate milkshake</i>	<i>tangerine</i>	<i>eggs with peppers and cheese</i>	<i>spinach balls</i>	<i>mushroom ris</i>
<b>SUNDAY</b>	<i>fluffy with milk</i>	<i>apple</i>	<i>pork and potatoes</i>	<i>smoothie</i>	<i>a tomato and sandwich</i>

# Healthy diet

**Monday** – Breakfast-smoothie

-Lunch-soup, meat, potatoes, salad

-Snack-apple

-Dinner- one egg and a glass of milk

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**Tuesday**-Breakfast-eggs with tomato and cheese

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-Lunch-turkey, rice, lettuce

-Snack-banana

-Dinner-fruit yogurt

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**Wednesday**-Breakfast-yogurt and cereal

-Lunch -tuna and potato salad

- Snack-fruit yogurt

- Dinner-peppers and cucumber salad

**Thursday**-Breakfas-black bread, chicken breast

-Lunch- Soup, meat, salad

-Snack-smoothie

-Dinner-mango sandwich

**Friday**-Breakfast-eggs and cheese

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-Lunch-hake and potatoes

- Snack-apple

-Dinner-yogurt and tomato

**Saturday** - Breakfast-milk and cereals

-Lunch-beans

-Snack-grits

-Dinner-tuna

**Sunday**- Brekfast-lean cheese,black bread

-Lunch-veal,potatoes

-Snack-kiwi

-Dinner-chicken salad

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Crunchy müsli - chocolate	Protein shake	Just 3in1 coffee	Croasan	Crunchy müsli - chocolate	Cereals with fruit	/ - I haven't got breakfast
<b>MEAL</b>	An apple	Fruit juice - orange	A banana	An orange	An apple	A banana	Fruit salat – orange + banana
<b>LUNCH</b>	Fish + pomess	Meat with green salat	Beans	Beans	Fish sticks	Zagreb's schnitzel + pomess	Lasagne + green salat
<b>MEAL</b>	One cup – green tea	3 in 1 coffee – one cup	3 in 1 coffee – one cup	Protein plate	One cup – green tea	One cup of chamomile tea	Capuccino
<b>DINNER</b>	Sardine in olive oil	Green smoothie – spinach + apple + milk	Tuna salat with creckers	Smootie – banana + apple + joghurt	/ - I haven't got dinner	Popcorns + green tea	Pudding with cherries