

Day	13:00 Savoury	Sweet	19:00 Savoury	Sweet
Mon	180 g chicken breast 250 g potato 150 g spinach 10 ml olive oil	300 g yogurt 2% Apple	150 g tuna Cabbage salad Carrot Cherry tomatoes 5 ml olive oil	30 g whey 50 g oats 20 g peanut butter
Tue	75 g wholemeal pasta (dry) 180 g chicken Cherry tomatoes 10 ml olive oil	300 g yogurt Banana	250 g lentils Salad 2 eggs	30 g whey 50 g oats 20 g peanut butter
Wed	150 g sardines 250 g potato Salad	300 g yogurt Pineapple	250 g black-eyed peas 120 g tuna Salad	30 g whey 50 g oats 20 g peanut butter
Thu	Pizza: 200 g cottage cheese 1 egg 40 g oat flour 60 g light mozzarella 80 g chicken	300 g yogurt Mixed berries	150 g tuna 250 g potato Salad	30 g whey 50 g oats 20 g peanut butter
Fri	150 g sardines 250 g potato Salad	300 g yogurt Strawberries	250 g chickpeas Salad 2 eggs	30 g whey 50 g oats 20 g peanut butter
Sat	180 g chicken burgers 250 g potato Salad	300 g yogurt Mango	75 g wholemeal pasta (dry) 180 g chicken	30 g whey 50 g oats 20 g peanut butter
Sun	Pizza (same as Thu)	300 g yogurt 2 figs	250 g potato 150 g tuna 150 g beetroot	30 g whey 50 g oats 20 g peanut butter