

	BREAKFAST	LUNCH	DINNER	SNACKS	FITNESS FOCUS
DAY-1	Lemon water Oatmeal with fruits, honey, granola	Greens Poultry Choice Olive or Avocado Oil (1tbsp)	Veg Choice Seafood Choice with Herbs and Spices	Plantain (or Plantain Chips) Protein Shake	Back Biceps Abs
DAY-2	Lemon water Eggs, Plantain (Chips) and Avocado	Veg Choice Fish Choice	Greens Poultry Choice Olive or Avocado Oil (1tbsp)	Nuts (Walnuts, Almonds, Pecans, Cashews) Fruits	Chest Shoulders Triceps
DAY-3	Lemon Water Egg Whites with mixed Veggies	Shrimp Salad with Avocados	Beans, Plantains, Poultry Choice	Fruits - Banana's, dried berries, raisins Flaxseed, almonds	Cardio
DAY-4	Lemon Water Turkey Sausage and Eggs	Chicken Kebob Salad with Hummus	Grilled Salmon with Broccoli and Carrots	Nuts (Walnuts, Almonds, Pecans, Cashews) Fruits	Legs and Glute
DAY-5	Lemon water Oatmeal with fruits, honey, granola	Grilled Chicken, Avocado and Lentil Soup	Spaghetti Bolognese with Zucchini pasta and ground turkey	Protein Shake Mixed Nuts	High Intensity Interval Training (i.e Soccer, Tennis, Basketball, etc) or Swimming
DAY-6	Lemon Water Eggs and Avocado	Chicken and Vegetable Soup	Shrimp Salad with Avocados	Fruits - Banana's, dried berries, raisins Flaxseed, almonds	Back Biceps Abs
DAY-7	Lemon water Oatmeal with fruits, honey, granola	Veg Choice Fish Choice	Grilled Salmon with Broccoli and Carrots	Protein Shake Mixed Nuts	Chest Shoulders Triceps
DAY-8	Lemon water Plantain and Eggs	Chicken Garden Salad	Stir-fried shrimp with mix veggies and avocado	Nuts (Walnuts, Almonds, Pecans, Cashews) Fruits	Cardio
DAY-9	Lemon Water Spring mix salad with Strawberries, Walnut, Banana, Cranberries (or raisins), and sliced apple	Stem fish pepper soup with mixed veggies	Grilled Chicken Breast Beans Veg Choice	Fruits - Banana's, dried berries, raisins Flaxseed, almonds	Legs and Glute
DAY-10	Lemon Water Eggs and Turkey Sausage	Chicken Kebob Salad with Hummus	Veg Choice Seafood Choice with Herbs and Spices	Protein Shake Mixed Nuts	High Intensity Interval Training (i.e Soccer, Tennis, Basketball, etc) or Swimming

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TO DO
