

	BREAKFAST	LUNCH	DINNER	SNACKS	FITNESS FOCUS
DAY-1	Lemon water Oatmeal with fruits, honey, granola	2 servings lettuce Cherry tomatoes quinoa 2 hard boiled eggs Dressing	Sweet Potato Kale Chickpeas	Plantain (or Plantain Chips)	Back Biceps Abs
DAY-2	Lemon water Plantain (Chips) and Avocado	Chickpea Soup Choice of greens	Quinoa Spinach Hemp seeds Avocado	Nuts (Walnuts, Almonds, Pecans, Cashews) Fruits	Chest Shoulders Triceps
DAY-3	Lemon Water Acai Fruit Bowl	Black Bean Burger on Whole Grain Bun	Beans, Plantains, Veggie Choice	Fruits - Banana's, dried berries, raisins Flaxseed, almonds	Cardio
DAY-4	Lemon Water Quinoa fruit salad	Falafel Salad with Hummus	Lentil Soup Asparagus Corn on the cob	Nuts (Walnuts, Almonds, Pecans, Cashews) Fruits	Legs and Glute
DAY-5	Lemon Water Sauteed Spinach & Mushrooms or Mixed Veggies	Quinoa Pepper salad with corn	Spaghetti Bolognese with Zucchini pasta and mixed veggies	Protein Shake Mixed Nuts	High Intensity Interval Training (i.e Soccer, Tennis, Basketball, etc) or Swimming
DAY-6	Lemon water Oatmeal with fruits, honey, granola	Panini grilled Tomato and Basil	Quinoa Edamame Kale Mushrooms	Fruits - Banana's, dried berries, raisins Flaxseed, almonds	Back Biceps Abs
DAY-7	Lemon water Oatmeal with fruits, honey, granola	Lentil Soup Mixed Greens Mushrooms and Avocado	Tofu Quinoa Kale Asparagus	Protein Shake Mixed Nuts	Chest Shoulders Triceps
DAY-8	Lemon water Plantain and Avocado	Veggie stir fry quinoa with Split peas	Baked Ginger Sesame Tofu & Veggie fried brown rice	Nuts (Walnuts, Almonds, Pecans, Cashews) Fruits	Cardio
DAY-9	Lemon Water Spring mix salad with Strawberries, Walnut, Banana, Cranberries (or raisins), and sliced apple	Sweet potato Black Beans Avocado	Veggie Stir fry Plantains	Fruits - Banana's, dried berries, raisins Flaxseed, almonds	Legs and Glute
DAY-10	Lemon Water Spring mix salad with Strawberries, Walnut, Banana, Cranberries (or raisins), and sliced apple	Lentil Burger Lettuce Avocado	Sweet Potato Falafels Salad	Protein Shake Mixed Nuts	High Intensity Interval Training (i.e Soccer, Tennis, Basketball, etc) or Swimming

NOTES

TO DO
