



LuckyFit *STANDARD*

MEAL PLAN FOR WEEK ONE - 1400 kcal

| FRIDAY: | | | |
|-----------|-------|--|---|
| | | AFTERNOON | EVENING |
| | | Seasonal fruits, 1 type – 200 g No grapefruit! | Caesar salad (no parmesan) – 200 g Baked ratatouille – 250 g |
| SATURDAY: | | | |
| MORNING | LUNCH | AFTERNOON | EVENING |

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| <p>2 steamed eggwhites</p> <p>1 slice of rye bread with <i>Philadelphia</i> cheese spread (20 g)</p> <p>Lettuce (20 g), 5 cherry tomatoes, cucumber (50 g)</p> | <p>Soup with zucchini, carrots, dill, wild rice – 200 ml</p> <p>Wholewheat pasta with salmon, desalted olives, onion, cherry tomatoes, capers and white wine – 250 g</p> | <p>Seasonal fruits, 1 type – 150 g</p> <p>No grapefruit!</p> | <p>Spinach soup – 200 g</p> <p>Roasted peppers with vegetables and chicken fillet – 200 g</p> |
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| SUNDAY: | | | |
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| MORNING | LUNCH | AFTERNOON | EVENING |
| <p>1 boiled egg</p> <p>1 slice of rye bread</p> <p>5 olives, 5 cherry tomatoes, cucumber (50 g), roasted pepper (50 g)</p> | <p>Stuffed peppers with eggs, cheese and spinach– 250 g</p> <p>Pink tomatoes and baby mozzarella salad – 200 g</p> | <p>Seasonal fruits, 1 type – 200 g</p> <p>No grapefruit!</p> | <p>Cauliflower cream soup – 200 ml</p> <p>Duck fillet with green beans and roasted apple – 200 g</p> |
| MONDAY: | | | |
| MORNING | LUNCH | AFTERNOON | EVENING |
| <p>Oats with grated apple, nuts, dried fruit, honey, lemon, yoghurt – 250 g</p> | <p>Tarator– 150 ml</p> <p>Lamb chop with green risotto – 200 g</p> | <p>Seasonal fruits, 1 type – 200 g</p> <p>No grapefruit!</p> | <p>Vegetable soup – 150 g</p> <p>Roasted vegetable mish-mash – 200 g</p> |

| TUESDAY: | | | |
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| MORNING | LUNCH | AFTERNOON | EVENING |
| <p>Roasted bread slice with egg and cheese topping – 2 slices of rye bread (100 g)</p> <p>100 g tomatoes, 100 g cucumber</p> | <p>Wild sea bass fillet with celery purée and green asparagus – 200 g</p> <p>Baby spinach, zucchini, dried apricots, pumpkin seeds salad – 200 g</p> | <p>Seasonal fruits, 1 type – 200 g</p> <p>No grapefruit!</p> | <p>Grilled zucchini salad with lemon, dill and walnuts – 200 g</p> <p>Chicken fillet with white wine garnished with steamed cabbage and carrots, seasoned with garam masala and turmeric – 200 g</p> |
| WEDNESDAY: | | | |
| MORNING | LUNCH | AFTERNOON | EVENING |
| <p>Roasted turkey fillet – 100 g</p> <p>5 cherry tomatoes, 100 g cucumber, 5 desalted olives</p> <p>Slice of rye bread – 50 g</p> | <p>Wild boar fillet with steamed broccoli – 200 g</p> <p>Quinoa <i>Tabbouleh</i> Salad – 200 g</p> | <p>Seasonal fruits, 1 type – 200 g</p> <p>No grapefruit!</p> | <p>Carrot cream soup – 200 g</p> <p>Grilled vegetables – 250 g</p> |

| THURSDAY: | | |
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| MORNING | TAKEAWAY MEALS FOR TRIP: | EVENING |
| <p>Chickpeas pancakes – 3 pcs. (150 g)</p> <p>Dietary jam – 50 g</p> <p>Goat cheese – 50 g</p> | <p>1 wholewheat baguette with roasted chicken fillet (100 g)</p> <p>Green salad, cucumber, cherry tomato</p> <p>2 pcs of fruit (no grapefruit!)</p> | <p><i>In Leonardo restaurant:</i></p> <p>Salmon fillet with black rice and mixed salads – 250 g</p> |
| FRIDAY: | | |
| MORNING | LUNCH | |
| <p>Omelette with 2 eggs, smoked turkey meat (30 g) and goat cheese (30 g)</p> <p>Green salad (30 g), 3 cherry tomatoes, cucumber (50 g)</p> | <p>Black Angus Veal Medallion with Wine Sauce and Roasted Potatoes – 250 g</p> <p>Iceberg, cherry tomatoes, avocado and desalted olives salad – 200 g</p> | |