



LuckyFit *STANDARD*

MEAL PLAN FOR WEEK TWO – 1400 kcal

FRIDAY:			
		AFTERNOON	EVENING
		Seasonal fruits, 1 type - 150 g No grapefruit!	<i>Caesar</i> salad with chicken fillet (no parmesan) – 200 g Baked ratatouille – 250 g
SATURDAY:			
MORNING	LUNCH	AFTERNOON	EVENING

<p>2 steamed eggwhites</p> <p>1 slice of rye bread spreaded with <i>Philadelphia</i> cheese (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>Black Angus beef patty with mozzarella, garnished with iceberg lettuce, arugula, and cherry tomatoes</p>	<p>Seasonal fruits, 1 type - 150 g</p> <p>No grapefruit!</p>	<p>Spinach soup – 200 g</p> <p>Grilled chicken fillet with sautéed broccoli and carrots –200 g</p>
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SUNDAY:			
MORNING	LUNCH	AFTERNOON	EVENING
<p>1 boiled egg</p> <p>1 wholewheat ciabatta with a dash of olive oil (3 g)</p> <p>5 olives, 5 cherry tomatoes, cucumber (50 g), roasted pepper (50 g)</p>	<p>Wild boar fillet with a wheel of roasted potato and peas puree, spiced with ginger and cardamom – 250 g</p> <p>Baby spinach, zucchini, pumpkin seed, cherry tomato salad with mustard dressing – 200 g</p>	<p>Seasonal fruits, 1 type - 150 g</p> <p>No grapefruit!</p>	<p>Tomato cream soup – 200 g</p> <p>Zucchini curry with cashews – 250 g</p>
MONDAY:			
MORNING	LUNCH	AFTERNOON	EVENING
<p>Oats with grated apple, nuts, dried fruit, honey, lemon, yogurt – 250 g</p>	<p>Broccoli cream soup – 200 ml</p> <p>Stuffed peppers with brown rice, goat cheese and vegetables – 250 g</p>	<p>Roasted sliced apple with brown sugar and cinnamon – 200 g</p>	<p>Carrots salad with sesame and poppyseed</p> <p>Roasted chicken steak (100 g) with sautéed asparagus (150 g)</p>

TUESDAY:			
MORNING	LUNCH	AFTERNOON	EVENING
<p>Roasted bread slice with egg and cheese topping – 2 slices of rye bread (100 g)</p> <p>100 g tomato, 100 g cucumber</p>	<p>Wild sea bass fillet roasted with tomato concasse, desalted olives and basil, served with stewed spinach – 250 g</p> <p>Mixed salads, carrots, zucchini, pumpkin seeds, lemon and olive oil – 200 g</p>	<p>Seasonal fruits, 1 type - 150 g</p> <p>No grapefruit!</p>	<p>Pumpkin cream soup – 200 ml</p> <p>Vegetables stuffed chicken roll garnished with sweet potato purée – 150 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>Red lentils soup– 200 ml</p> <p>Salmon fillet with wild saffron rice and mixed salads – 250 g</p>	<p>Seasonal fruits, 1 type - 200 g</p> <p>No grapefruit!</p>	<p>Vegetable cream soup – 200 g</p> <p>Vegetables in a clay pot with some mozzarella – 250 g</p>

THURSDAY:		
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 smoked salmon (100 g)</p> <p>Iceberg, cucumber, cherry tomatoes, capers, lime</p> <p>2 pcs of fruit (no grapefruit!)</p>	<p><i>In Leonardo restaurant:</i></p> <p>Wholewheat zucchini and shrimp pasta – 200 g</p> <p>Arugula salad – 200 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>Chicken soup – 200 ml</p> <p>Cheese in a crust with tomato and mixed salads</p>	