

Healthy

LOW CALORIE MEAL PLAN

BREAKFAST	1 slice Whole wheat bread 2 eggs Scrambled 10 pcs Grapes 125g Yogurt	1 serving Overnight Oats**	2 pcs Whole Wheat Pan de sal 2 slices Cheddar cheese 1 pc Apple 1 cup Soymilk	1 slice Whole wheat bread Tuna Omelette 1 pc Banana 1 cup Soymilk	1 slice Banana Bread 1 cup Taho 1 pc Apple
LUNCH	1 pc Chicken Sandwich*	1/2 cup Brown Rice 1 pc AirFried Chicken Leg 1 cup sauteed veggies	1/2 cup Brown Rice 3/4 cup Munggo with Talbos ng Ampalaya	1/2 Pasta in Tomato Sauce 1 slice baked Chicken Thigh	1/2 cup Brown Rice 1 slice Fried Fish 1 cup Pinakbet
SNACK	2 Tbsp Peanuts 10 pcs Grapes	1 pc Boiled egg 1 slice Banana cake	1 pc Fresh Lumpia	1 Tbsp Peanut butter 1 pc Banana	1 cup Chicken-Macaroni Sopas Any fruit
DINNER	1/2 cup Brown Rice 1 stick Lean Pork BBQ 1 cup Sauteed veggies	1/2 cup Brown Rice 1 cup Ginisang Toge	1/2 cup Brown Rice 1 slice AirFried Bangus 1/3 cup Leftover Munggo	1/2 cup Brown Rice 1 slice Fish Sinigang 1 cup Sinigang veggies	1/2 cup Brown Rice 2 slices Beef Steak 1 cup Broccoli

NOTE:

This meal plan is for general information only and intended for healthy individuals. If you have medical conditions and wish to have a diet plan that suits your specific needs, please consult a registered nutritionist-dietitian.

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