

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *
	3 slices of brown bread (90g) + 15 g dairy spread (30%fat) + 2,5 tbl.sp. of jam and a glass of milk	4 wholegrain crackers with cheese and a piece of fruit	One brown baguette with ham and cheese	Muesli (60g) + 150ml milk and 10 blueberries added	Fullcorn cornflakes (60g) without sugar + milk and 5 chopped hazelnuts	1 croissant filled with ham or cheese + low fat yoghurt	2 soft buns with 20g of chocolate paste or peanutbutter
Snack	1 fruit yoghurt and a piece of fruit	1 fruit and a biscuit	Milkshake made with milk, one scoop of icecream and fresh fruit	Fresh quark (150g low fat) + one tbl.sp. of honey and 5 walnuts	One bowl of fresh fruit salad (150g) and a glass of milk	1 glass of yoghurt drink	1 yoghurt 125g (0%)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Salad with grilled chicken (125g), 1/2 mango and a light chilli lemon dressin. + 2 slices of bread topped with light spread	One take away baguette or sandwich	3 slices of wholegrain bread + low fat cheese or meat	Couscous salad with lots of vegetables (peppers, tomatoes, courgettes and fresh coriander)	Beef carpaccio with a green salad and a piece of ciabiatta bread	A large bowl of vegetable soup + 3 slices of bread + low fat butter (30%) + 2 slices of lean meat	Omelette (2 eggs) with tomato, 2 slices of bacon and mushrooms + a little baguette
Snack	One candy/Mars bar	Compote of apple without sugar (125g)	One piece of fruit and a glass of milk	One vanilla pudding	One slice of cake	One handful of unsalted nuts	A bowl of fruit salad (150g)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	2 croque monsieurs with a salad and one tbl.sp. of mayonaise	150 g of lean meat + 4 potatoes (280g) + vegetables	A normal size mac menu or another fastfood dish	Salmon in papillot (125g) + steamed broccoli + 1 tbl.sp. of bearnaise sauce and of pasta (60g dry)	Scampi stirfry with sweet & sour sauce and lots of fresh vegetable. + rice (60g dry)	400g of lasagne with an extra green salad	150 g of lean meat + 4 potatoes (280g) + vegetables
Snack	Strawberries (250g)	25g of dark chocolate	(80g) sorbet	One piece of fruit	One scoop of ice cream and a piece of fruit	20g dark chocolate	Yoghurt 125g (0%)

Every day: 2 liters of water!

* with sweetener