

WEIGHT LOSS PLAN

Calorie: 1200 – 1400

Week 2 June 2021



Days	Breakfast			Lunch			Dinner			AM Snack	PM Snack
	Option 1	Option 2	Option 3	Option 1	Option 2	Option 3	Option 1	Option 2	Option 3		
Sunday	GREEN SHAKSHUKA (E) + FRENCH BAGUETTE (G) + FENUGREEK SEED DETOX WATER E: 282 KCALS, CHO: 21 GMS, P: 19 GMS, F: 14 GMS	COCONUT, MANGO AND TURMERIC OATMEAL WITH PROTEIN POWDER IN ALMOND MILK (N) + FENUGREEK SEED DETOX WATER E: 241 KCALS, CHO: 25 GMS, P: 19 GMS, F: 9 GMS	SAVOURY VEGETABLE RICE PORRIDGE (PONGAL) + TOMATO CHUTNEY + PROTEIN SHAKE IN WATER (D) E: 250 KCALS, CHO: 28 GMS, P: 19 GMS, F: 8 GMS	SHREDDED CHICKEN AND VEGETABLE PASTA IN PINK SAUCE (G, D) + ITALIAN SALAD (D) E: 340 KCALS, CHO: 50 GMS, P: 31 GMS, F: 15 GMS	SRIRACHA AND ALMOND-CRUSTED FISH (F) + POTATO AND GREEN BEAN SALAD 370 KCALS, CHO: 37 GMS, P: 28 GMS, F: 15 GMS	PANEER TIKKA MASALA (D) + SPICED VEGETABLE RICE (PULAO) + GARLIC-FLAVOURED YOGHURT (BURANI RAITA) (D) E: 377 KCALS, CHO: 39 GMS, P: 21 GMS, F: 15 GMS	ITALIAN CHICKEN BALLS IN RED SAUCE (D) + ZOODLES E: 363 KCALS, CHO: 32 GMS, P: 25 GMS, F: 15 GMS	ITALIAN COTTAGE CHEESE BALLS IN RED SAUCE (D) + ZOODLES E: 366 KCALS, CHO: 35 GMS, P: 23 GMS, F: 15 GMS	SAVOORY BROKEN WHEAT PORRIDGE (KHICHI) + YOGHURT TEMPERED WITH CHILI AND MUSTARD (TADKA) E: 357 KCALS,	APPLE AND OATMEAL CAKE SLICE E: 90 KCALS, CHO: 14 GMS, P: 3 GMS, F: 3 GMS	SEASONED EDAMAME E: 50 KCALS, CHO: 4 GMS, P: 5 GMS, F: 2 GMS
Monday	ZUCCHINI, BACON, AND EGG FRITTERS WITH MUSHROOM (E) + SPICY RED SAUCE + LEMON DETOX WATER E: 231 KCALS, CHO: 14 GMS, P: 21 GMS, F: 11 GMS	BANANA AND BERRY SMOOTHIE BOWL WITH PROTEIN POWDER IN ALMOND MILK (D, N) + DETOX DRINK (LEMON IN WATER) E: 246 KCALS, CHO: 25 GMS, P: 18 GMS, F: 10 GMS	MIXED VEGETABLE CREPE (UTTAPAM) + TOMATO CHUTNEY + BOILED EGGS (E) + LEMON DETOX WATER E: 253 KCALS, CHO: 25 GMS, P: 12 GMS, F: 12 GMS	CHIPOTLE CHICKEN STEW + BROWN RICE + SAUTEED VEGGIES E: 360 KCALS, CHO: 32 GMS, P: 24 GMS, F: 15 GMS	FISH MANCHURIAN (F) + VEGETABLE FRIED RICE E: 360 KCALS, CHO: 32 GMS, P: 24 GMS, F: 15 GMS	SPICED CHICKPEA CURRY (CHOLE) + CUMIN RICE (ZEERA RICE) + OKRA MASALA (BHINDI) + SPICED BUTTERMILK (D) + SALAD E: 376 KCALS, CHO: 42 GMS, P: 13 GMS, F: 16 GMS	COBB SALAD WITH CHICKEN (E) E: 387 KCALS, CHO: 22 GMS, P: 31 GMS, F: 18 GMS	LEMON AND BUTTER SALMON (F, D) + ORZO SALAD WITH FETA AND SPINACH (D, G) E: 384 KCALS, CHO: 35 GMS, P: 25 GMS, F: 16 GMS	INDIAN-STYLE SPINACH AND TOFU VEGETABLE + MULTIGRAIN FLATBREAD (RITI) + SOUP + SALAD (SPICED LENTIL SOUP) E: 385 KCALS, CHO: 40 GMS, P: 18 GMS, F: 15 GMS	PINEAPPLE WITH SUNFLOWER SEEDS E: 43 KCALS, CHO: 10 GMS, P: 0 GMS, F: 0 GMS	FLAVORED YOGHURT (D) E: 60 KCALS, CHO: 3 GMS, P: 3 GMS, F: 4 GMS
Tuesday	SPINACH OMLETTE WITH TOMATO AND FETA SPREAD (E, D) + ROASTED POTATOES + DETOX DRINK (CINNAMON WATER) E: 280 KCALS, CHO: 10 GMS, P: 21 GMS, F: 17 GMS	GRANOLA & FRUIT PARFAIT (D, O) + CINNAMON DETOX WATER E: 276 KCALS, CHO: 23 GMS, P: 16 GMS, F: 13 GMS	VEGAN FRENCH TOAST (G) + CORIANDER CHUTNEY (P) + CINNAMON DETOX WATER E: 280 KCALS, CHO: 30 GMS, P: 13 GMS, F: 12 GMS	ASIAN-STYLE STIR FRIED SHRIMP WITH BROCCOLI AND PEPPERS (S) + MILLET NOODLES E: 387 KCALS, CHO: 35 GMS, P: 28 GMS, F: 15 GMS	INDIAN-STYLE SPICED CHICKEN ROLL (G) (KATHI ROLL) + CHUTNEY + SALAD E: 360 KCALS, CHO: 35 GMS, P: 24 GMS, F: 14 GMS	QUINOA SALAD WITH GRILLED EGGPLANT, SPINACH, AND CHICKEN (D) E: 352 KCALS, CHO: 22 GMS, P: 28 GMS, F: 16 GMS	RICOTTA CABBAGE LASAGNA (D) + LEMON AND CORIANDER SOUP E: 310 KCALS, CHO: 22 GMS, P: 20 GMS, F: 20 GMS	GOURD DUMPLINGS CURRY (KOFTHA) + QUINOA + SPROUT SALAD E: 348 KCALS, CHO:	FRUIT BOWL E: 43 KCALS, CHO: 10 GMS, P: 0 GMS, F: 0 GMS	MIXED NUT CHOCOLATE (N) E: 80 KCALS, CHO: 8 GMS, P: 0 GMS, F: 4 GMS	
Wednesday	FOUL MEDAMES (E) + ARABIC BREAD + CUMIN DETOX WATER E: 252 KCALS, CHO: 24 GMS, P: 15 GMS, F: 12 GMS	CARROT CAKE BAKED OATMEAL (O, D) + CUMIN DETOX WATER E: 241 KCALS, CHO: 25 GMS, P: 19 GMS, F: 9 GMS	SPICED VERMICELLI + PEANUT CHUTNEY + CUMIN DETOX WATER E: 253 KCALS, CHO: 25 GMS, P: 12 GMS, F: 12 GMS	SPICY SHRIMP AND CORN QUINOA BOWL (S) E: 387 KCALS, CHO: 35 GMS, P: 28 GMS, F: 15 GMS	KIDNEY BEANS MILLET BURGER (G, D) + GREEK SALAD E: 360 KCALS, CHO: 40 GMS, P: 15 GMS, F: 15 GMS	EGG ROAST BIRYANI (E, D) + CUCUMBER YOGHURT (RAITA) (D) E: 348 KCALS, CHO: 34 GMS, P: 20 GMS, F: 15 GMS	VEG BAKED KAFTA WITH EGGPLANT AND TOMATO SAUCE (SY) + ROASTED BELL PEPPER COUSCOUS SALAD (G) E: 377 KCALS, CHO: 39 GMS, P: 21 GMS, F: 15 GMS	GARLIC BUTTER CHICKEN SKILLET (D) + ROASTED GREEN BEANS AND BABY POTATOES E: 384 KCALS, CHO: 35 GMS, P: 35 GMS, F: 35 GMS	STUFFED WITH COTTAGE CHEESE (D) + ROASTED GREEN BEANS AND BABY POTATOES E: 350 KCALS, CHO: 35 GMS,	SEASONED POPCORN E: 80 KCALS, CHO: 16 GMS, P: 2.5 GMS, F: 0 GMS	HUMMUS DIPPERS (SS) E: 75 KCALS, CHO: 6 GMS, P: 3 GMS, F: 4 GMS
Thursday	GARLIC, SPINACH, AND PARMESAN FRITTATA (E, D) + SALSA + FRUIT BOWL E: 282 KCALS, CHO: 21 GMS, P: 19 GMS, F: 14 GMS	BANANA AND OATMEAL PANCAKE WITH PROTEIN POWDER (O) + FRUIT BOWL E: 276 KCALS, CHO: 23 GMS, P: 16 GMS, F: 13 GMS	FLATBREAD STUFFED WITH MIXED VEGETABLE (PARATHA) + YOGURT + FRUIT BOWL E: 280 KCALS, CHO: 30 GMS, P: 13 GMS, F: 12 GMS	VEG THAI YELLOW CURRY (N, SY) + PAD THAI NOODLES E: 362 KCALS, CHO: 37 GMS, P: 10 GMS, F: 18 GMS	CHICKEN THAI YELLOW CURRY (N, SY) + PAD THAI NOODLES E: 350 KCALS, CHO: 27 GMS, P: 24 GMS, F: 15 GMS	SPICED YOGHURT CURRY (D) (DAHI KADHI) + RICE + EGGPLANT STUFFED WITH SPICES E: 389 KCALS, CHO: 43 GMS, P: 20 GMS, F: 15 GMS	SHISH TAWOOK + TAHINI (SS) + GRILLED EGGPLANT, BABY SPINACH, AND FETA SALAD (D) E: 371 KCALS, CHO: 30 GMS, P: 29 GMS, F: 15 GMS	BASED PIZZA WITH PESTO AND SOYA (N, D, SY) + ROASTED CHERRY TOMATOES E: 391 KCALS, CHO: 38 GMS, P: 22 GMS, F: 31 GMS, F: 18 GMS	TANDOORI FISH WRAP (F, G) + SALAD E: 391 KCALS, CHO: 40 GMS, P: 24 GMS, F: 15 GMS	WATERMELON WITH CHIA SEEDS E: 40 KCALS, CHO: 8 GMS, P: 1 GMS, F: 0 GMS	OATMEAL TEA CAKE (E, D) E: 68 KCALS, CHO: 10 GMS, P: 1 GMS, F: 3 GMS

		BUCKWHEAT CREPE WITH BANANA AND STRAWBERRY + SUGAR-FREE MAPLE SYRUP + PROTEIN SHAKE IN ALMOND MILK E: 246 KCALS, CHO: 25 GMS, P: 18 GMS, F: 10 GMS	BEAN SPROUTS AND HUMMUS WRAP + PROTEIN SHAKE IN ALMOND MILK E: 280 KCAL, CHO: 30 GMS, P: 13 GMS, F: 12 GMS	CHICKEN STROGANOFF (D) + WHOLE WHEAT PASTA (G) E: 363 KCAL, CHO: 37 GMS, P: 20 GMS, F: 15 GMS	SPINACH RICE + MIXED VEGETABLE IN PAPRIKA SAUCE (D) E: 335 KCALS, CHO: 39 GMS, P: 10 GMS, F: 15 GMS	KERALA-STYLE CHICKEN MASALA + MULTIGRAIN FLATBREAD (ROTI) + ASH GOURD SALAD E: 380 KCALS, CHO: 37 GMS, P: 24 GMS, F: 15 GMS		VEGETABLE SANDWICH (D) E: 355 KCALS, CHO: 40 GMS, P: 15 GMS, F: 15 GMS	BRAZILIAN FISH STEW + BROWN RICE + SAUTEED VEGGIES E: 387 KCALS, CHO: 40 GMS, P: 23 GMS, F: 15 GMS	INDIAN-STYLE SPIECED TARO (MASALA ARBI) + MILLET ROTI + MOONG DAL + SALAD E: 355 KCALS, CHO: 40 GMS, P: 15 GMS, F: 15 GMS	NO-BAKE BROWNIE BITES (N) E: 65 KCALS, CHO: 7 GMS, P: 2 GMS, F: 3 GMS	BETROOT MOUTABAL WITH PITA CRACKERS (SS, G) E: 62 KCALS, CHO: 9 GMS, P: 2 GMS, F: 2 GMS
Saturday												
Allergy: Peanuts = P, Oats = O, Gluten = G, Shellfish = S, Dairy = D, Tree nut = N, Sesame seeds = Sa, Egg = E, Soya = Sy, Fish = F, Mustard = M, Celery = C												

