

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Mushroom-onion omelete and a green shake on the side	1-2 handfulls of almonds and strawberries	Ground meat sauce over chickpea spaghetti and salad on the side	healthy oatmeal raisin cookies (2-3)	Tuna patties and cream of broccoli-cauliflower soup	1-2 pieces of 85% + dark chocolate with 1 cup of tea
NUTRIENT CONTENT:					
Protein, veggies	protein, fat, fruit	protein, fat, carbs, veggies	whle grain, protein, fruit, fat	protein, carbs, veggies	antioxidants