

## LOSE WEIGHT MEAL PLAN

### Sample Week

SUNDAY					
		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Okra Stew	80	7	36	1.5
	Side - Brown Rice	220	5	47	1.5
Snack	Side - Beetroot Hummus	200	8	23	9
		140	5	29	1
Meal 2	Crispy Pita				
	Fattet Hummus	290	11	35	12
	Lentil Soup	210	14	36	1
<b>TOTAL</b>		<b>1140</b>	<b>50</b>	<b>206</b>	<b>26</b>

MONDAY					
		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Buddha Burger with Lettuce Wrap	300	11	51	8
	Side Cabbage Mango Salad	130	2	13	8
Snack	Side - Guacamole	160	2	11	14
	Crudités (Carrot 50g, Cucumber, 50g, Red Bell Pepper 40g, Cherry tomatoes 40g)	50	2	11	0
Meal 2	Yoga Bowl	390	8	37	25
	Roast Bell Pepper Soup	250	5	16	20
<b>TOTAL</b>		<b>1280</b>	<b>30</b>	<b>139</b>	<b>75</b>

TUESDAY					
		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Butternut Squash Curry	420	8	30	31
	Side – Quinoa (150g)	180	7	32	3
Snack	Side - Vegan Cheese	200	23	16	9
	Crudités (Carrot 50g, Cucumber, 50g, Red Bell Pepper 40g, Cherry tomatoes 40g)	50	2	11	0
Meal 2	Burrito Bowl	370	10	54	15
<b>TOTAL</b>		<b>1220</b>	<b>50</b>	<b>143</b>	<b>58</b>

WEDNESDAY					
		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Lentil Mushroom Bolognese	450	20	82	9
Snack	Vegan Tzatziki	120	6	7	8
	Crispy Pita	140	5	29	1
Meal 2	Large Tabbouleh Twist	240	4	28	14
	Carrot Mint Soup	200	3	19	14
<b>TOTAL</b>		<b>1150</b>	<b>38</b>	<b>165</b>	<b>46</b>

THURSDAY					
		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Vegan Shawerma	530	12	74	23
	Side Fattoush	180	3	10	16
Snack	Vegan Meatballs (5pcs) with homemade ketchup	150	4	29	3
Meal 2	Power Bowl *	270	13	41	8
<b>TOTAL</b>		<b>1130</b>	<b>32</b>	<b>154</b>	<b>50</b>

Romaine Lettuce 50g, Cauliflower Rice 80g, Lentils 35g, black beans 35g, Avocado 25g, red bell pepper 30g, pan grilled cherry tomatoes 30g, broccoli 50g, Mushroom 30g, Tofu 50g, green olives 3g, sunflower seeds 3g