

# MONTH 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Shredded meat stewed with tomato, onion and 1 zucchini. 2 slices of toast 1 cup of vegetables	2 egg whites with tomato and onion. 1/3 avocado 1 cup of vegetables	1 shredded beef sandwich 1/3 avocado ½ cup of carrots 1 steamed zucchini	Ground beef with carrot, tomato and onion 1-2 slices of toast 1 cup of vegetables	2 egg whites with tomato and onion. 1/3 avocado 1 cup of vegetables ½ cup of beans	Shredded chicken stewed with tomato and onion 2 corn tortillas ½ cup of beans 1 cup of vegetables
SNACK	1 apple, 1 ½ cups of cucumber. 10 almonds	1 cup of papaya 5 almonds.	1 cup of watermelon, 1 ½ cup of cucumber 3 nuts	2 oranges 13 peanuts	1 cup of papaya 5 almonds.	1 cup of cantaloupe, 1 ½ cup cucumber 13 peanuts
LUNCH	Grilled fish. 1 cup of vegetables ½ cup of rice ½ cup of lentils 1/3 avocado	Roast beef steak 1 cup of vegetables ½ cup of rice 1/3 avocado ½ cup of chickpea ceviche	Grilled chicken ½ cup of rice ½ cup of beans 1 cup of vegetables 1/3 avocado	Grilled salmon ½ cup of steamed rice ½ cup of chickpeas stewed with zucchini, carrot and broccoli, 1/3 avocado 1/2 cup of vegetables	Grilled fish. 1/3 avocado ½ cup of rice 1 cup of vegetables	10 shrimps stewed with onion, 1 teaspoon of butter and garlic Steamed vegetables Lettuce salad ½ cup of rice
SNACK	1 ½ cups of cucumber, ½ cup of mango 13 peanuts	1 cup of steamed zucchini. 5 almonds	1 grapefruit 13 peanuts	1 ½ cup of cucumber, ¾ cup of pineapple 10 almonds	1 cup of steamed zucchini. 5 almonds	2 guavas, 1 ½ cup cucumber 3 nuts
DINNER	<b>NutriShake</b> 2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).	<b>NutriShake</b> 2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).	<b>NutriShake</b> 2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).	<b>NutriShake</b> 2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).	<b>NutriShake</b> 2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).	<b>NutriShake</b> 2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).



# MONTH 2



**BREAKFAST**



**SNACK**



**LUNCH**



**SNACK**



**DINNER**

**Monday**

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

1 cup of papaya

\* Lettuce salad.  
Fish fillet papered with mushrooms and onions.  
½ cup of rice.  
½ cup of lentils.  
1 cup of vegetables to taste.

1 ½ cups of cucumber

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

**Tuesday**

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

1 cup of watermelon  
1 ½ cups of cucumber

\* Lettuce salad.  
Roasted beef  
½ cup of beans.  
2 corn tortillas  
1 ½ cup of cactus salad with tomato, onion, cilantro, lemon.  
1/3 avocado

½ cup of carrots

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

**Wednesday**

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

1 cup of pineapple

\* Lettuce salad.  
Pork Loin with mushrooms.  
½ cup of lentils.  
1 potato, ½ cup of carrot,  
1 zucchini baked with 1 tsp of butter and pepper.

1 cup of cactus

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

**Thursday**

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

1 cup of cantaloupe  
1 ½ cups of cucumber

\* Lettuce salad.  
Grilled fish.  
½ cup of rice  
½ cup of chickpeas.  
1/3 avocado  
1 poblano chili stew with onion, tomato, 1 zucchini, pepper salt.

1 cup of tomatoes

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

**Friday**

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

1 cup of strawberries

\* Lettuce salad.  
Ground beef, stewed with zucchini, tomato, onion, carrot.  
½ cup of beans.  
1 baked potato  
1/3 avocado

½ cup of green beans

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

**Saturday**

**NutriShake**  
2 scoops in 8 or more oz of water. You can add if you want ½ banana or 4 strawberries. Mix it in water or with a vegetable milk (soy, almonds or coconut).

1 apple.  
1 ½ cups of cucumber

\* Lettuce salad.  
10 pieces shrimp, 1 teaspoon butter, garlic.  
½ cup of rice  
½ cup of green beans  
½ cup of cooked mushrooms  
1/3 avocado

1 cup of steamed cauliflower



