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
	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).	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).	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).	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).	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).	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).



MONTH 2



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	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 vegeta- ble milk (soy, almonds or coconut).	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).	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 vegeta- ble milk (soy, almonds or coconut).	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 vegeta- ble milk (soy, almonds or coconut).	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).	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).
SNACK	1 cup of papaya	1 cup of watermelon 1 ½ cups of cucumber	1 cup of pineapple	1 cup of cantaloupe 1 ½ cups of cucumber	1 cup of strawberries	1 apple. 1 ½ cups of cucumber
LUNCH	 * Lettuce salad. Fish fillet papered with mushrooms and onions. ½ cup of rice. ½ cup of lentils. 1 cup of vegetables to taste. 	* Lettuce salad. Roasted beef ½ cup of beans. 2 corn tortillas 1 ½ cup of cactus salad with tomato, onion, cilantro, lemon.	 * Lettuce salad. Pork Loin with mush-rooms. ½ cup of lentils. 1 potato, ½ cup of carrot, 1 zucchini baked with 1 tsp of butter and pepper. 	1 poblano chili stew with	* Lettuce salad. Ground beef, stewed with zucchini, tomato, onion, carrot. ½ cup of beans. 1 baked potato 1/3 avocado	* Lettuce salad. 10 pieces shrimp, 1 teaspoon butter, garlic. ½ cup of rice ½ cup of green beans ½ cup of cooked mush- rooms
SNACK	1 ½ cups of cucumber	1/3 avocado ½ cup of carrots	1 cup of cactus	ni, pepper salt. 1 cup of tomatoes	½ cup of green beans	1/3 avocado 1 cup of steamed cauliflower
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MONTH 3



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1 cup of pineapple, ½ cup of striped carrot 3 nuts	1 cup of papaya 5 almonds	1 cup of pineapple, ½ cup of striped carrot 3 nuts	1 cup of papaya 5 almonds.	1 cup of pineapple, ½ cup of striped carrot 3 nuts	1 cup of papaya 5 almonds.
* Lettuce salad. Chicken fajitas with colorful bell peppers ½ cup of rice 1 cup of steamed vegetables	* Lettuce salad. 1 cup of spaghetti, accompanied by 3 medium balls of ground beef and red sauce Steamed vegetable sticks (carrot, chayote, zucchini)	 * Lettuce salad. Fish butter with onion and broken chili ½ cup of rice ½ cup of cooked mush- rooms 5 asparagus with butter 	* Lettuce salad. Grilled chicken fillet ½ cup of rice ½ cup of beans 1 cup of steamed vegetables	* Lettuce salad. Shrimp brochettes (10 pieces) ½ cup of steamed rice 1½ cup of steamed vegetables 1/3 avocado	* Lettuce salad. Chicken salad (shredded chicken, tomato, onion, lettuce, bell pepper, cucumber, carrot) 2 toast 1 cup of vegetables
1 ½ cups of cucumber	1 cup of broccoli	1 ½ cups of cucumber	1 cup of carrots	1 ½ cups of cucumber	1 cup of broccoli
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