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| Weekly Menu |  |
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|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
| Gert |  |
| Monday |  |
|   |   | Calories | Protein | Carbos | Fat | Sodium |  |
| Meal 1 |  |  |  |  |  |  |
| Blackberries, 1 cups | 40 |  | 1 | g | 9 | g | 0 | g | 0 | mg |  |
| Omega 3 & 6 capsuals, 2 capsuals | 18 |  | 0 | g | 0 | g | 2 | g | 0 | mg |  |
|  | Meal Totals: | 58 |   | 1 | g | 9 | g | 2 | g | 0 | mg |  |
| Meal 2 |  |  |  |  |  |  |
| Oats, 40 g | 192 |  | 10 | g | 27 | g | 5 | g | 0 | mg |  |
| HMT Nitro Whey, 1 scp | 81 |  | 15 | g | 2 | g | 1 | g | 37 | mg |  |
| Milk, lowfat� 2%, 0.25 cups | 31 |  | 2 | g | 3 | g | 1 | g | 38 | mg |  |
|  | Meal Totals: | 305 |   | 27 | g | 32 | g | 7 | g | 74 | mg |  |
| Meal 3 |  |  |  |  |  |  |
| Bread, Low GI, 2 slices | 170 |  | 8 | g | 24 | g | 3 | g | 288 | mg |  |
| Chicken, breast, , 60 g | 109 |  | 19 | g | 0 | g | 3 | g | 47 | mg |  |
| Mayonnaise, light, 1 tbsp. | 50 |  | 0 | g | 1 | g | 5 | g | 110 | mg |  |
|  | Meal Totals: | 329 |   | 27 | g | 25 | g | 11 | g | 445 | mg |  |
| Meal 4 |  |  |  |  |  |  |
| Tuna, canned in water, 100 g | 131 |  | 29 | g | 0 | g | 1 | g | 409 | mg |  |
| Mixed veggies, 2 cup | 40 |  | 0 | g | 10 | g | 0 | g | 40 | mg |  |
| Mayonnaise, light, 2 tbsp. | 100 |  | 0 | g | 2 | g | 10 | g | 220 | mg |  |
|  | Meal Totals: | 271 |   | 29 | g | 12 | g | 11 | g | 669 | mg |  |
| Meal 5 |  |  |  |  |  |  |
| Apple, raw, 1 med | 80 |  | 0 | g | 15 | g | 1 | g | 1 | mg |  |
| HMT Nitro Whey, 1.5 scp | 122 |  | 23 | g | 3 | g | 2 | g | 55 | mg |  |
|  | Meal Totals: | 202 |   | 23 | g | 18 | g | 3 | g | 56 | mg |  |
| Meal 6 |  |  |  |  |  |  |
| Beef Fillet, 150 g | 289 |  | 47 | g | 0 | g | 11 | g | 99 | mg |  |
| Rice, brown, long grain, 1 cups | 110 |  | 2 | g | 23 | g | 0 | g | 0 | mg |  |
| Mixed salad, 1 cup | 20 |  | 0 | g | 5 | g | 0 | g | 20 | mg |  |
|  | Meal Totals: | 419 |   | 49 | g | 28 | g | 11 | g | 119 | mg |  |
| Meal 7 |  |  |  |  |  |  |
| Beef biltong, 50 g | 134 |  | 26 | g | 0 | g | 3 | g | 23 | mg |  |
| Sugar free Peanut butter, 1 tbsp. | 100 |  | 4 | g | 8 | g | 9 | g | 70 | mg |  |
|  | Meal Totals: | 234 |   | 30 | g | 8 | g | 11 | g | 93 | mg |  |
|  | Daily Totals: | 1818 |   | 186 | g | 132 | g | 56 | g | 1456 | mg |  |
| Tuesday |  |
|   |   | Calories | Protein | Carbos | Fat | Sodium |  |
| Meal 1 |  |  |  |  |  |  |
| Blackberries, 1 cups | 40 |  | 1 | g | 9 | g | 0 | g | 0 | mg |  |
| Omega 3 & 6 capsuals, 2 capsuals | 18 |  | 0 | g | 0 | g | 2 | g | 0 | mg |  |
|  | Meal Totals: | 58 |   | 1 | g | 9 | g | 2 | g | 0 | mg |  |
| Meal 2 |  |  |  |  |  |  |
| Oats, 40 g | 192 |  | 10 | g | 27 | g | 5 | g | 0 | mg |  |
| HMT Nitro Whey, 1 scp | 81 |  | 15 | g | 2 | g | 1 | g | 37 | mg |  |
| Milk, lowfat� 2%, 0.25 cups | 31 |  | 2 | g | 3 | g | 1 | g | 38 | mg |  |
|  | Meal Totals: | 305 |   | 27 | g | 32 | g | 7 | g | 74 | mg |  |
| Meal 3 |  |  |  |  |  |  |
| Bread, Low GI, 2 slices | 170 |  | 8 | g | 24 | g | 3 | g | 288 | mg |  |
| Tuna, canned in water, 70 g | 92 |  | 20 | g | 0 | g | 1 | g | 286 | mg |  |
| Mayonnaise, light, 2 tbsp. | 100 |  | 0 | g | 2 | g | 10 | g | 220 | mg |  |
|  | Meal Totals: | 362 |   | 28 | g | 26 | g | 14 | g | 794 | mg |  |
| Meal 4 |  |  |  |  |  |  |
| Chicken, breast, , 80 g | 145 |  | 25 | g | 0 | g | 4 | g | 63 | mg |  |
| Mixed salad, 2 cup | 40 |  | 0 | g | 10 | g | 0 | g | 40 | mg |  |
| Dressing, oil and vinegar, 1 tbsp. | 70 |  | 0 | g | 1 | g | 8 | g | 210 | mg |  |
|  | Meal Totals: | 255 |   | 25 | g | 11 | g | 12 | g | 313 | mg |  |
| Meal 5 |  |  |  |  |  |  |
| Banana, 1 med | 100 |  | 1 | g | 27 | g | 1 | g | 1 | mg |  |
| HMT Nitro Whey, 1.5 scp | 122 |  | 23 | g | 3 | g | 2 | g | 55 | mg |  |
|  | Meal Totals: | 222 |   | 24 | g | 30 | g | 3 | g | 56 | mg |  |
| Meal 6 |  |  |  |  |  |  |
| Hake, 200 g | 340 |  | 42 | g | 7 | g | 5 | g | 362 | mg |  |
| Avocado, 0.25 med | 77 |  | 1 | g | 3 | g | 8 | g | 5 | mg |  |
| Mixed salad, 2 cup | 40 |  | 0 | g | 10 | g | 0 | g | 40 | mg |  |
|  | Meal Totals: | 457 |   | 43 | g | 20 | g | 13 | g | 407 | mg |  |
| Meal 7 |  |  |  |  |  |  |
| Beef biltong, 30 g | 80 |  | 16 | g | 0 | g | 2 | g | 14 | mg |  |
| Sugar free Peanut butter, 1 tbsp. | 100 |  | 4 | g | 8 | g | 9 | g | 70 | mg |  |
|  | Meal Totals: | 180 |   | 19 | g | 8 | g | 10 | g | 84 | mg |  |
|  | Daily Totals: | 1839 |   | 168 | g | 136 | g | 61 | g | 1729 | mg |  |
| Saturday |  |
|   |   | Calories | Protein | Carbos | Fat | Sodium |  |
| Meal 1 |  |  |  |  |  |  |
| Blackberries, 1 cups | 40 |  | 1 | g | 9 | g | 0 | g | 0 | mg |  |
| Omega 3 & 6 capsuals, 2 capsuals | 18 |  | 0 | g | 0 | g | 2 | g | 0 | mg |  |
|  | Meal Totals: | 58 |   | 1 | g | 9 | g | 2 | g | 0 | mg |  |
| Meal 2 |  |  |  |  |  |  |
| Bread, Rye, 2 slices | 140 |  | 4 | g | 26 | g | 2 | g | 300 | mg |  |
| Egg, Poached, 2 whole | 158 |  | 12 | g | 2 | g | 10 | g | 280 | mg |  |
|  | Meal Totals: | 298 |   | 16 | g | 28 | g | 12 | g | 580 | mg |  |
| Meal 3 |  |  |  |  |  |  |
| Yogurt, light w/ fruit, 1 cups | 110 |  | 10 | g | 16 | g | 0 | g | 150 | mg |  |
| Mixed nuts, 30 g | 160 |  | 7 | g | 6 | g | 13 | g | 3 | mg |  |
|  | Meal Totals: | 270 |   | 17 | g | 22 | g | 13 | g | 153 | mg |  |
| Meal 4 |  |  |  |  |  |  |
| Avocado, 0.5 med | 153 |  | 2 | g | 6 | g | 15 | g | 11 | mg |  |
| Corn thinz, 2 cake | 80 |  | 2 | g | 16 | g | 2 | g | 20 | mg |  |
| Beef biltong, 30 g | 80 |  | 16 | g | 0 | g | 2 | g | 14 | mg |  |
|  | Meal Totals: | 313 |   | 20 | g | 22 | g | 19 | g | 44 | mg |  |
| Meal 5 |  |  |  |  |  |  |
| Apple, raw, 1 med | 80 |  | 0 | g | 15 | g | 1 | g | 1 | mg |  |
| HMT Nitro Whey, 1.5 scp | 122 |  | 23 | g | 3 | g | 2 | g | 55 | mg |  |
|  | Meal Totals: | 202 |   | 23 | g | 18 | g | 3 | g | 56 | mg |  |
| Meal 6 |  |  |  |  |  |  |
| Beef Fillet, 150 g | 289 |  | 47 | g | 0 | g | 11 | g | 99 | mg |  |
| Mixed salad, 2 cup | 40 |  | 0 | g | 10 | g | 0 | g | 40 | mg |  |
| Wine, table, 500 ml | 417 |  | 0 | g | 0 | g | 233 | g | 0 | mg |  |
|  | Meal Totals: | 746 |   | 47 | g | 10 | g | 244 | g | 139 | mg |  |
|  | Daily Totals: | 1887 |   | 124 | g | 109 | g | 293 | g | 972 | mg |  |
|  | Weekly Totals: | 5544 |   | 478 | g | 378 | g | 409 | g |  |  |  |  |  |  |