|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weekly Menu | | | | | | | | | | | | | | | |  | |
|  | | | | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |