

Kingdom Fitness Meal Plan

	Option 1	Option 2	Option 3
Sunday	Breakfast <ul style="list-style-type: none"> • 2 scrambled eggs and some breakfast veggies (red pepper stripes, cucumber ..) - 194 calories • 1 cup of celery stalks, broccoli or cauliflower is optional 	Breakfast <ul style="list-style-type: none"> • 2 scrambled eggs and some breakfast veggies (red pepper stripes, cucumber ..) - 194 calories • 1 cup of celery stalks, broccoli or cauliflower is optional 	Breakfast <ul style="list-style-type: none"> • Oatmeal Breakfast- 207 calories
	Snack <ul style="list-style-type: none"> • 1/2 cup low-fat natural Yogurt with a hand- ful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories OR • 1 cup of cooked Buckwheat - 155 calories 	Snack <ul style="list-style-type: none"> • 1/2 cup low-fat natural Yogurt with a hand- ful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories 	Snack <ul style="list-style-type: none"> • 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories
	Lunch <ul style="list-style-type: none"> • Braised Green Peas with Beef- 387 calories 	Lunch <ul style="list-style-type: none"> • Chicken & Potato-378 calories 	Lunch <ul style="list-style-type: none"> • Beef Meatballs & Cauliflower Casserole - 405 calories
	Snack <ul style="list-style-type: none"> • 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 163 calories 	Snack <ul style="list-style-type: none"> • 1 apple, 1 carrot, 2 almonds and 1 cup of celery or broccoli- 163 cal. 	Snack <ul style="list-style-type: none"> • 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories
	Dinner <ul style="list-style-type: none"> • Lean Pork with the Large Fiber Salad with Yogurt Dressing - 231 calories 	Dinner <ul style="list-style-type: none"> • Ground Beef Patty with the Large Fiber Loaded Salad with Italian Dressing - 328 calories 	Dinner <ul style="list-style-type: none"> • Chicken and Fiber Loaded Salad with Yogurt Dressing- 252 calories

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Monday	Breakfast <ul style="list-style-type: none"> Oatmeal Breakfast- 207 calories 	Breakfast <ul style="list-style-type: none"> Oatmeal Breakfast- 207 calories 	Breakfast <ul style="list-style-type: none"> 2 scrambled eggs and some breakfast veggies (red pepper stripes, cucumber ..) - 194 calories 1 cup of celery stalks, broccoli or cauliflower is optional
	Snack <ul style="list-style-type: none"> 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 140 calories 	Snack <ul style="list-style-type: none"> 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 163 calories 	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories OR 1 cup of cooked Buckwheat - 155 calories
	Lunch <ul style="list-style-type: none"> Pork & Potato - 350 calories 	Lunch <ul style="list-style-type: none"> Tuna Bean Salad- 345 calories 	Lunch <ul style="list-style-type: none"> Mushrooms Casserole - 325 calories
	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a hand- ful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories 	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a hand- ful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories 	Snack <ul style="list-style-type: none"> 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories
	Dinner <ul style="list-style-type: none"> Chicken and Fiber Loaded Salad with Yogurt Dressing - 252 calories 	Dinner <ul style="list-style-type: none"> Grilled Chicken with the Large Fiber Loaded Salad - 250 calories 	Dinner <ul style="list-style-type: none"> Lean Pork with the Large Fiber Salad with Yogurt Dressing - 231 calories

	Option 1	Option 2	Option 3
Tuesday	Breakfast <ul style="list-style-type: none"> • 2 hardboiled eggs and some breakfast veggies (red pepper stripes, cucumber) - 186 calories • 1 cup of celery stalks, broccoli or cauliflower is optional 	Breakfast <ul style="list-style-type: none"> • Scrambled Eggs with scallions or leeks or peppers or spinach or zucchini - 194 calories 	Breakfast <ul style="list-style-type: none"> • 2 hardboiled eggs and some breakfast veggies (red pepper stripes, cucumber) - 186 calories • 1 cup of celery stalks, broccoli or cauliflower is optional
	Snack <ul style="list-style-type: none"> • 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories 	Snack <ul style="list-style-type: none"> • 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories 	Snack <ul style="list-style-type: none"> • 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 140 calories
	Lunch <ul style="list-style-type: none"> • Lentil Stew -453 calories 	Lunch <ul style="list-style-type: none"> • Broccoli Chicken Casserole- 320 calories 	Lunch <ul style="list-style-type: none"> • Breaded Tilapia- 261 calories
	Snack <ul style="list-style-type: none"> • 4 slices lean ham (3/4 cup) or 4 sardines drained wrapped in lettuce (watch for sugar level in ham) and 1 cup of celery stalks, broc- coli or cauliflower- 230 calories OR • 1 cup of cooked Buckwheat -155 calories 	Snack <ul style="list-style-type: none"> • 4 slices lean ham (3/4 cup) or 4 sardines drained wrapped in lettuce(watch for sugar level in ham) and 1 cup of celery stalks, broc- coli or cauliflower- 230 calories OR • 1 cup of cooked Buckwheat -155 calories 	Snack <ul style="list-style-type: none"> • 4 sardines drained wrapped in lettuce. and 1 cup of celery stalks, broccoli or cauliflower- 230 calories OR • 1 cup of cooked Buckwheat - 155 calories
	Dinner <ul style="list-style-type: none"> • Salmon with the Large Fiber Loaded Salad with Italian Dressing- 252 calories • Learning reading speed • 23% 	Dinner <ul style="list-style-type: none"> • Lean Beef and Bok Choy / Celery stir fry - 330 calories 	Dinner <ul style="list-style-type: none"> • Pork & Bok Choy / Celery Stir Fry - 316 calories

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Wednesday	Breakfast <ul style="list-style-type: none"> 1 cup of low-fat cottage cheese with some breakfast veggies - 263 calories 	Breakfast <ul style="list-style-type: none"> 1 cup of low-fat cottage cheese with some breakfast veggies- 263 calories 	Breakfast <ul style="list-style-type: none"> 1 cup of low-fat cottage cheese with some breakfast veggies- 263 calories
	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and additionally 1 cup of celery stalks, broccoli or cauliflower - 129 calories 	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and additionally 1 cup of celery stalks or broccoli - 129 calories 	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and additionally 1 cup of celery stalks, broccoli or cauliflower - 129 calories
	Lunch <ul style="list-style-type: none"> Chicken & Potato with Salad - 378 calories 	Lunch <ul style="list-style-type: none"> Chicken & Potato - 378 calories 	Lunch <ul style="list-style-type: none"> Chicken & Potato - 378 calories
	Snack <ul style="list-style-type: none"> 1 apple, 1 kiwi or carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 185 calories 	Snack <ul style="list-style-type: none"> 1 apple, 1 kiwi or half pomegranates or carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 185 calories 	Snack <ul style="list-style-type: none"> 1 apple, 1 kiwi or carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 185 calories
	Dinner <ul style="list-style-type: none"> Pork & Bok Choy / Celery Stir Fry - 316 calories 	Dinner <ul style="list-style-type: none"> Cauliflower & Eggs Salad - 343 calories 	Dinner <ul style="list-style-type: none"> Salmon with Fiber Loaded Salad with Italian Dressing - 252 calories

	Option 1	Option 2	Option 3
Thursday	Breakfast <ul style="list-style-type: none"> Oatmeal Breakfast - 207 calories 	Breakfast <ul style="list-style-type: none"> Oatmeal Breakfast- 207 calories 	Breakfast <ul style="list-style-type: none"> Oatmeal Breakfast - 207 calories
	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories 	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories 	Snack <ul style="list-style-type: none"> 1/2 cup low-fat natural Yogurt with a handful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories
	Lunch <ul style="list-style-type: none"> Braised Green Beans with Pork - 316 calories 	Lunch <ul style="list-style-type: none"> Lentil Stew - 453 calories 	Lunch <ul style="list-style-type: none"> Braised Green Beans with Pork - 316 calories
	Snack <ul style="list-style-type: none"> 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories 	Snack <ul style="list-style-type: none"> 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories 	Snack <ul style="list-style-type: none"> 1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories
	Dinner <ul style="list-style-type: none"> Beef patty with the Large Fiber Loaded Salad with Yogurt Dressing - 328 calories 	Dinner <ul style="list-style-type: none"> Grilled Chicken & Fiber Salad with Yogurt Dressing - 252 calories 	Dinner <ul style="list-style-type: none"> Grilled Chicken with the Large Fiber Loaded Salad with Yogurt Dressing - 250 calories

	Option 1	Option 2	Option 3
Friday	Breakfast <ul style="list-style-type: none"> Oatmeal with Low Fat Yogurt - 255 calories 	Breakfast <ul style="list-style-type: none"> Oatmeal with Yogurt - 255 calories 	Breakfast <ul style="list-style-type: none"> Oatmeal with Low Fat Yogurt - 255 calories
	Snack <ul style="list-style-type: none"> 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories 	Snack <ul style="list-style-type: none"> 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 163 calories 	Snack <ul style="list-style-type: none"> 1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories
	Lunch <ul style="list-style-type: none"> Pork and Green Beans Stir Fry - 317 calories 	Lunch <ul style="list-style-type: none"> Chicken and Broccoli stir fry - 255 calories 	Lunch <ul style="list-style-type: none"> Pork and Green Beans Stir Fry - 317 calories
	Snack <ul style="list-style-type: none"> 4 slices lean ham (3/4 cup) or 4 sardines drained wrapped in lettuce (watch for sugar level in ham) and 1 cup of celery stalks, broccoli or cauliflower - 230 calories 	Snack <ul style="list-style-type: none"> 4 sardines drained wrapped in lettuce and 1 cup of celery stalks, broccoli or cauliflower - 230 calories 	Snack <ul style="list-style-type: none"> 4 sardines drained wrapped in lettuce and 1 cup of celery stalks, broccoli or cauliflower - 230 calories
	Dinner <ul style="list-style-type: none"> Tuna with the Large Fiber Loaded Salad with Italian Dressing - 275 calories 	Dinner <ul style="list-style-type: none"> Tuna with the Large Fiber Loaded Salad with Italian Dressing - 275 calories 	Dinner <ul style="list-style-type: none"> Tuna with the Large Fiber Salad with Italian Dressing - 275 calories

	Option 1	Option 2	Option 3
Saturday		Breakfast <ul style="list-style-type: none"> • 1 can of sardines (drained) with some breakfast veggies - 195 calories • 1 cup of celery stalks, broccoli or cauliflower is optional 	
		Snack <ul style="list-style-type: none"> • 1 apple, 4 almonds and 1 cup of celery, broccoli or cauliflower - 150 calories 	
		Lunch <ul style="list-style-type: none"> • Herb Crusted Salmon - 252 calories 	
		Snack <ul style="list-style-type: none"> • 1 cup low-fat natural Yogurt with a handful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories OR • 1 cup of cooked Buckwheat - 155 calories 	
		Dinner <ul style="list-style-type: none"> • Beef and Bok Choy stir fry - 330 calories 	