Kingdom Fitness Meal Plan

	Option 1	Option 2	Option 3
Sunday	Breakfast	Breakfast	Breakfast
	2 scrambled eggs and some breakfast veggies (red pepper stripes, cucumber) - 194 calories	2 scrambled eggs and some breakfast veggies (red pepper stripes, cucumber .) - 194 calories	Oatmeal Breakfast- 207 calories
	1 cup of celery stalks, broccoli or cauliflower is optional	1 cup of celery stalks, broccoli or cauliflower is optional	
	Snack	Snack	Snack
	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	1/2 cup low-fat natural Yogurt with a hand- ful of raspberries or blueberries and 1 cup of celery stalks, broccoli or cauliflower - 129 calories	1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories
	1 cup of cooked Buckwheat - 155 calories		
	Lund	Lunch	Limit
	Lunch Braised Green Peas with Beef- 387 calories	Lunch Chicken & Potato-378 calories	Beef Meatballs & Cauliflower Casserole - 405 calories
	- Braised Green Feas with Beer- 307 Calones	Gillorett & Potato-576 Calones	- Deel Meatballs & Gaulinower Casserole - 403 Calories
	Snack	Snack	Snack
	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 163 calories	1 apple, 1 carrot, 2 almonds and 1 cup of celery or broccoli- 163 cal.	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	Dinner	Dinner
	Lean Pork with the Large Fiber Salad with Yogurt Dressing - 231 calories	Ground Beef Patty with the Large Fiber Loaded Salad with Italian Dressing - 328 calories	Chicken and Fiber Loaded Salad with Yogurt Dressing- 252 calories

	Option 1	Option 2	Option 3
Monday	Breakfast	Breakfast	Breakfast
	Oatmeal Breakfast- 207 calories	Oatmeal Breakfast- 207 calories	 2 scrambled eggs and some breakfast veggies (red pepper stripes, cucumber) - 194 calories 1 cup of celery stalks, broccoli or cauliflower is optional
			T cup of celery starks, procedul or caulillower is optional
	Snack	Snack	Snack
	1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 140 calories	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 163 calories	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	Lunch	Lunch
	Pork & Potato - 350 calories	Tuna Bean Salad- 345 calories	Mushrooms Casserole - 325 calories
	Snack	Snack	Snack
	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	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	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories
	Dinner	Dinner	Dinner
	Chicken and Fiber Loaded Salad with Yogurt Dressing - 252 calories	 Grilled Chicken with the Large Fiber Loaded Salad - 250 calories 	Lean Pork with the Large Fiber Salad with Yogurt Dressing - 231 calories

kfast hardboiled eggs and some breakfast veggies (red pepper tripes, cucumber) - 186 calories	Breakfast Scrambled Eggs with scallions or leeks or peppers or spinach or	Breakfast
tripes, cucumber) - 186 calories	Scrambled Eggs with scallions or leeks or peppers or spinach or	
cup of celery stalks, broccoli or cauliflower is optional	zucchini - 194 calories	 2 hardboiled eggs and some breakfast veggies (red pepper stripes, cucumber) - 186 calories 1 cup of celery stalks, broccoli or cauliflower is optional
ck	Snack	Snack
apple, 2 almonds and 1 cup of celery stalks, broccoli or auliflower- 140 calories	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories	1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 140 calories
ch	Lunch	Lunch
entil Stew -453 calories	Broccoli Chicken Casserole- 320 calories	Breaded Tilapia- 261 calories
ck	Snack	Snack
slices lean ham (3/4 cup) or 4 sardines drained wrapped in ettuce (watch for sugar level in ham) and 1 cup of celery stalks, orco- coli or cauliflower- 230 calories OR cup of cooked Buckwheat -155 calories	 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 	 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
ner er	Dinner	Dinner
Salmon with the Large Fiber Loaded Salad with Italian Dressing- 52 calories Learning reading speed 13%	Lean Beef and Bok Choy / Celery stir fry - 330 calories	Pork & Bok Choy / Celery Stir Fry - 316 calories
cu cu Salr 252	non with the Large Fiber Loaded Salad with Italian Dressing-calories	 ces 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 1 cup of cooked Buckwheat -155 calories 1 cup of cooked Buckwheat -155 calories Dinner Lean Beef and Bok Choy / Celery stir fry - 330 calories

	Option 1	Option 2	Option 3
Wednesday	Breakfast	Breakfast	Breakfast
	1 cup of low-fat cottage cheese with some breakfast veggies - 263 calories	1 cup of low-fat cottage cheese with some breakfast veggies- 263 calories	1 cup of low-fat cottage cheese with some breakfast veggies- 263 calories
	Snack	Snack	Snack
	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	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	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	Lunch	Lunch
	Chicken & Potato with Salad - 378 calories	Chicken & Potato - 378 calories	Chicken & Potato - 378 calories
	Snack	Snack	Snack
	1 apple, 1 kiwi or carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 185 calories	1 apple, 1 kiwi or half pomegranates or carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 185 calories	1 apple, 1 kiwi or carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 185 calories
	Dinner	Dinner	Dinner
	Pork & Bok Choy / Celery Stir Fry - 316 calories	Cauliflower & Eggs Salad - 343 calories	Salmon with Fiber Loaded Salad with Italian Dressing - 252 calories

	Option 1	Option 2	Option 3
Thursday	Breakfast	Breakfast	Breakfast
	Oatmeal Breakfast - 207 calories	Oatmeal Breakfast- 207 calories	Oatmeal Breakfast - 207 calories
	Snack	Snack	Snack
	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	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	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	Lunch	Lunch
	Braised Green Beans with Pork - 316 calories	Lentil Stew - 453 calories	Braised Green Beans with Pork - 316 calories
	Snack	Snack	Snack
	1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories	1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories	1 apple, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 140 calories
	Dinner	Dinner	Dinner
	 Beef patty with the Large Fiber Loaded Salad with Yogurt Dressing - 328 calories 	Grilled Chicken & Fiber Salad with Yogurt Dressing - 252 calories	 Grilled Chicken with the Large Fiber Loaded Salad with Yogurt Dressing - 250 calories

	Option 1	Option 2	Option 3
Friday	Breakfast	Breakfast	Breakfast
	Oatmeal with Low Fat Yogurt - 255 calories	Oatmeal with Yogurt - 255 calories	Oatmeal with Low Fat Yogurt - 255 calories
	Snack	Snack	Snack
	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower- 163 calories	1 apple, 1 carrot, 2 almonds and 1 cup of celery stalks, broccoli or cauliflower - 163 calories
	Lunch	Lunch	Lunch
	Pork and Green Beans Stir Fry - 317 calories	Chicken and Broccoli stir fry - 255 calories	Pork and Green Beans Stir Fry - 317 calories
	Snack	Snack	Snack
	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	4 sardines drained wrapped in lettuce and 1 cup of celery stalks, broccoli or cauliflower - 230 calories	4 sardines drained wrapped in lettuce and 1 cup of celery stalks, broccoli or cauliflower - 230 calories
	Dinner	Dinner	Dinner
	Tuna with the Large Fiber Loaded Salad with Italian Dressing - 275 calories	Tuna with the Large Fiber Loaded Salad with Italian Dressing - 275 calories	Tuna with the Large Fiber Salad with Italian Dressing - 275 calories

	Option 1	Option 2	Option 3
Saturday		Preakfast 1 can of sardines (drained) with some breakfast veggies - 195 calories 1 cup of celery stalks, broccoli or cauliflower is optional	
		Snack 1 apple, 4 almonds and 1 cup of celery, broccoli or cauliflower - 150 calories 1 apple in the same and 1 cup of celery, broccoli or cauliflower - 150 calories 1 apple in the same and 1 cup of celery, broccoli or cauliflower - 150 calories	
		Lunch Herb Crusted Salmon - 252 calories	
		Snack 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	
		Beef and Bok Choy stir fry - 330 calories	