



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *	Coffee/ tea *
	2 bread rolls + light spread (30%) + 1 slice of cheese (20g) and 1 tbl.sp. of jam	2 slices of brown bread (60g) thinly covered with light spread (30%) + 40g jam + one glass of milk	1 baguette topped with cheese and a little bit of honey	Fullcorn cornflakes (50g) with 100ml milk, don't add sugar	3 toasts with low fat cream cheese and a tbl.sp. of jam	3 slices of brown bread (90g) + dark chocolate paste or peanut butter (25g)	One croissant and a low fat yoghurt
Snack	1 fruit yoghurt 200g	1 pear and a dry biscuit	1/2 mango	65g grapes	1 yoghurt 125g (0%)	3 apricots and a glass of milk	A bowl of vegetable soup

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Green salad with mozzarella and tomato, 1 tbl.sp. of olive oil and 3 slices of ciabatta bread (100g)	Ham and cheese sandwich (take away)	Salad with green vegetables (broccoli, french beans) - 100g grilled chicken + low fat dressing (20g) and 2 slices of brown bread	Pasta salad (60g) with 2 tbl.sp. of olive oil with lemon juice	One baguette with ham and vegetables	A bowl of gazpacho (200ml) + 3 slices of bread (90g) + 15 g dairy spread (30%fat) + goat cheese (40g) + one tbl.sp. of jam	Fresh spinach leaves with cooked peas and feta cheese
Snack	2 pieces of fruit	200ml of yoghurt drink	One small bowl of red fruit jelly	20g dark chocolate	Apple and a yoghurt drink	One fruit yoghurt 125g (0%)	One fruit and a biscuit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Cooked asparagus (100g) with smoked salmon (100g) and a light dressing (20g) + fresh parsley	Cooked green beans with grilled lamb (100g) and couscous (70g dry)	125g grilled tuna with steamed peas and 1 tbl.sp. of olive oil and onions + cooked pasta (125g dry)	A thin crust pizza mozzarella and a glass of red wine	Stirfry with mixed vegetables, 100ml of thai green curry sauce and 8 prawns	Grilled beef (100g) with carrot and potato puree (400g)	French fries and a burger
Snack	Quark with fresh strawberries (250g)	30g dark chocolate	1 orange	1 vanilla pudding	Sorbet (100g) + fresh fruit	Ananas carpaccio with one scoop of ice cream	Compote of apple without sugar (125g)

Every day: 2 liters of water!

* with sweetener