

# Diet Plan

# Important Notice

- The diets presented here are guidelines and are intended to direct you towards a healthy and balanced lifestyle .  
They can be modified to suit your personal needs and health goals after consulting a specialist physician .

if you suffer from any health problem, you should consult a doctor before starting any diet .

1

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- Egg and vegetable pizza or 3 tuna cans + salad  
or 480 g cottage chesse + salad

## lunch

-chicken with 5 tbs rice without oil or tuna + salad + 2 toasts  
or  
Grilled chicken + salad + 50 g oats

## Dinner

-2 cups of low fat Greek yogurt + salad  
3 olmelets + salad

snack (1:2)

- 2 cups of mlik  
- one fruit  
- 2 onions and 2 tomatoes

2

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- Egg and vegetable pizza + salad + 2 toasts or 3 tuna cans + salad  
+ 2 toasts or 5 tbs cornflakes + milk

## lunch

-chicken with 5 tbs rice without oil or tuna + salad + 2 toasts  
or

Grilled chicken + salad + 50 g oats

## Dinner

-2 cups of low fat Greek yogurt + salad  
3 olmelets + salad

snack (1:2)

- 2 cups of mlik

- a cup of yogurt + tbs of honey or sugar

- 2 onions and 2 tomatoes

3

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- Egg and vegetable pizza or 3 tuna cans + salad  
or 480 g cottage chesse + salad

## lunch

-chicken with 5 tbs rice without oil or tuna + salad + 2 toasts  
or  
Grilled chicken + salad + 50 g oats

## Dinner

-2 cups of low fat Greek yogurt + salad  
3 olmelets + salad

snack (1:2)

- 2 cups of mlik  
- one fruit  
- 2 onions and 2 tomatoes

4

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- Egg and vegetable pizza + salad + 2 toasts or 3 tuna cans + salad  
+ 2 toasts or 5 tbs cornflakes + milk

## lunch

-chicken with 5 tbs rice without oil or tuna + salad + 2 toasts  
or

Grilled chicken + salad + 50 g oats

## Dinner

-2 cups of low fat Greek yogurt + salad  
3 olmelets + salad

snack (1:2)

- 2 cups of mlik

- a cup of yogurt + tbs of honey or sugar

- 2 onions and 2 tomatoes

5

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- Egg and vegetable pizza + salad + 2 toasts or 3 tuna cans + salad  
+ 2 toasts or 5 tbs cornflakes + milk

## lunch

-chicken with 5 tbs rice without oil or tuna + salad + 2 toasts  
or

Grilled chicken + salad + 50 g oats

## Dinner

-2 cups of low fat Greek yogurt + salad  
3 olmelets + salad

snack (1:2)

- 2 cups of mlik

- a cup of yogurt + tbs of honey or sugar

- 2 onions and 2 tomatoes

6

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- 3 boiled Eggs + salad or 3 tuna cans + salad  
480 g cottage chesse + salad

## lunch

- chicken + salad or 2 steaks + salad or  
480 g cottage cheese

## Dinner

- 2 cups of yogurt + salad

snack (1:2)

- 2 cups of mlik
- a cup of yogurt + tbs cinnamon
- 2 onions and 2 tomatoes



7

in the morning

- 2 spoons of honey + water or 3 dates + water or mlik

## BreakFast

- Egg and vegetable pizza + salad + 2 toasts or 3 tuna cans + salad  
+ 2 toasts or 5 tbs cornflakes + milk

## lunch

- 2 slices of chesse pizza or 2 slices of bluffo pizza

## Dinner

-2 fruits

snack (1:2)

- 2 cups of mlik

- a cup of yogurt + tbs of honey or sugar

- 2 onions and 2 tomatoes

# Workouts Plan

1 - Legs

2 - Chest

3 - Biceps & Forearm

4 - Triceps & Abs

5 - Shoulder

6 - Back

7 - Rest