

1- Week	2-Week	3 Week	4. Week	5. Week	6. Week	7.Week	8. Week	9.Week	10.Week	11.Week	12.Week
(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	every day of the week	every day of the week
<u>Anatomical Adaption</u>	<u>Anatomic al Adaption</u>	<u>Anatomical Adaption</u>	<u>Anatomical Adaption</u>	Treadmill Training (15minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Jump Rope training (30 minutes) 3-5 minutes rest	Treadmill Training (20 minutes) 3-5 minutes rest
Treadmill Training (20 minutes) 3-5 minutes rest	Jump Rope training (30 minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Jump Rope training (30 minutes) 3-5 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Cycling Training (20 minutes)
Cycling Training (20 minutes)	3-5 minutes rest	Cycling Training (15 minutes) 3 minutes rest	plank pose (2 minutes 3 set)	Bird dog (10 minutes) 3 minutes rest	Bird dog (10 minutes) 3 minutes rest	Bird dog (10 minutes) 3 minutes rest	Bird dog (10 minutes) 3 minutes rest	Bird dog (10 minutes) 3 minutes rest	Bird dog (10 minutes) 3 minutes rest	Leg Press 3 sets – 15 reps	Standing Biceps Curl 3 sets – 10 reps
Cooling Down	plank pose (2 minutes 3 set)	Lunge Training (15 minutes)	do crunches (20 reps 2 set)	Lunge Training (10 minutes) 3 minutes rest	Lunge Training (10 minutes) 3 minutes rest	Lunge Training (10 minutes) 3 minutes rest	Lunge Training (10 minutes) 3 minutes rest	Lunge Training (10 minutes) 3 minutes rest	Lunge Training (10 minutes) 3 minutes rest	Leg Extention (3 sets - 12 reps.	Dumbbell Concentrati on Curl 3 sets – 10 reps
	push-up (10 reps 2 set)	Cooling Down	Cooling Down	Squat (10 minutes) Cooling Down	Squat (10 minutes) Cooling Down	Squat (10 minutes) Cooling Down	Squat (10 minutes) Cooling Down	Squat (10 minutes) Cooling Down	Squat (10 minutes) Cooling Down	Dumbbell Fly (3 sets – 15 reps. 1 minute rest	Hammer Curl 3 sets – 15 reps. 1 minutes rest
	Cooling Down			Vertical Traction (3 sets - 12 reps. 1	Vertical Traction (3 sets - 12 reps. 1	Vertical Traction (3 sets - 12 reps. 1	Vertical Traction (3 sets - 12 reps. 1	Vertical Traction (3 sets - 12 reps. 1	Vertical Traction (3 sets - 12 reps. 1	Barbell Bench Press (3 sets - 12 reps. 1 minute rest	Cooling Down
										Dumbbell Fly (3 sets – 15 reps. 1 minute rest	
										Cable Crossover 3 sets – 15 reps. 1 minute rest	
										Standing Calf Raises 4 sets – 25 reps. 1 minutes rest	
										Cooling Down	

					reps. 1 minute rest for each set) Pulley 3 sets - 12 reps. 1 minute rest for each set) Cooling Down	minute rest for each set) Leg Extansion (3 sets - 12 reps. 1 minute rest for each set) Cooling Down	minute rest for each set) Leg Curl 3 sets - 12 reps. 1 minute rest for each set) Cooling Down	(3 sets - 12 reps. 1 minute rest for each set) Leg Press (3 sets - 12 reps. 1 minute rest for each set) Cooling Down			
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Name – Surname: Bilge KAYA

Age: 19

Heights: 163 **Weights:** 50

Name- surname: Bilge KAYA

Age : 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>Breakfast</u> Scrambled eggs, grilled tomato and 2 slices of wholemeal toast Small glass (150ml) orange juice</p> <p><u>Lunch</u> Roast chicken, roast potatoes, peas and carrots Homemade spiced rice pudding</p> <p><u>Evening Meal</u> Spaghetti Bolognese with wholewheat spaghetti</p> <p><u>Snacks</u> 1 apple Homemade plain popcorn</p>	<p><u>Breakfast</u> 2 slices wholemeal toast with peanut butter, sliced tomatoes and cucumbers Tea</p> <p><u>Lunch</u> Lentil soup, Wasabi and Tuna sandwich</p> <p><u>Evening Meal</u> Grilled chicken salad, Brown rice, Ayran</p> <p><u>Snacks</u> Nuts</p>	<p><u>Breakfast</u> Boiled eggs, cheese and honey with butter</p> <p><u>Lunch</u> Thin crust Margherita pizza with added vegetables and a side salad Fruit salad</p> <p><u>Evening Meal</u> Roasted chicken breast and Greek salad Ayran</p> <p><u>Snacks</u> Homemade Lemonade 1 tangerine</p>	<p><u>Breakfast</u> Broccoli , egg toast Milk</p> <p><u>Lunch</u> Chicken soup and potatoes salad with parsley</p> <p><u>Evening Meal</u> Baked fish, unsalted onion salad and Turnip</p> <p><u>Snacks</u> Orange juice chopped banana</p>	<p><u>Breakfast</u> Omellette, Sliced tomatoes and cucumber, Tea</p> <p><u>Lunch</u> Tuna salad, And Orange Juice</p> <p><u>Evening Meal</u> Mantı (pasty or pierogi) With butter Seasonal salad Orange Juice(handmade)</p> <p><u>Snacks</u> Plain scone with low fat spread</p>	<p><u>Breakfast</u> Boiled egg 5-6 green olive Cheese and honey Orange juice</p> <p><u>Lunch</u> Boiled potatoes with yoghurt and salad</p> <p><u>Evening Meal</u> Spagetti with specia sauce , Mixed salad Ayran</p> <p><u>Snacks</u> 5 dried apricots 1 apple</p>	<p><u>Breakfast</u> Chese toast Sliced tomatoes and cucumber Jam tea</p> <p><u>Lunch</u> Boiled broccoli and kale Caesar salad</p> <p><u>Evening Meal</u> Boiled beans with sauce Brown rice Lemonade</p> <p><u>Snacks</u> 1 banana 50 gr peanuts.</p>

1.week	2.week	3.week	4.week	5.week	6.week	7.week	8.week	9.week	10.week	11.week	12.week
(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	(Monday-Wednesday-Friday)	every day of the week	every day of the week
Anatomical Adaption	Anatomical Adaption	Anatomical Adaption	Anatomical Adaption	Treadmill Training (15minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Seated Cable Lat Pulldown (3 sets - 10 reps. 1 minute rest)	Treadmill Training (15minutes) 3-5 minutes rest	Cylying Training (20 minutes)	Cylying Training (20 minutes)	Jump Rope training (30 minutes) 3-5 minutes rest	Cylying Training (20 minutes)
Treadmill Training (20 minutes) 3-5 minutes rest	Cylying Training (20 minutes)	Jump Rope training (30 minutes) 3-5 minutes rest	Treadmill Training (20 minutes) 3-5 minutes rest	Walking Lunge (15 minutes) 3 minutes rest	Walking Plank (15 minutes) 3 minutes rest	Reverse Grip Pulldown (3 sets - 10 reps. 1 minute rest)	Dumbell Shoulder Press (3 sets - 10 reps. 1 minute rest)	Leg Press (3 sets - 10 reps. 1 minute rest)	Treadmill Training (15minutes) 3-5 minutes rest	Shoulder Dumbell Press (3 sets - 12 reps. 1 minute rest)	Treadmill Training (15minutes) 3-5 minutes rest
Burpees (3 sets – 10 reps. 1 minute rest)	High Knees (3 sets - 12 reps. 1 minute rest)	Lunge Jump (3 sets - 12 reps. 1 minute rest)	Cylying Training (15 minutes) 3 minutes rest	Sumo Squat (3 sets - 12 reps. 2 minutes rest)	Quadruped Alternate (3 sets - 16 reps. 2 minutes rest)	Dumbell Row (3 sets - 10 reps. 1 minute rest)	Dumbell Front Raise (3 sets - 10 reps. 1 minute rest)	Leg Extention (3 sets - 10 reps. 1 minute rest)	Reverse Crunch (3 sets - 10 reps. 1 minute rest)	Leg Raise (3 sets - 12 reps. 1 minute rest)	Upright Row 3 sets - 12 reps. 1 minute rest
Manmakers (3 sets – 10 reps. 1 minutes rest)	Mountain Climbers (3 sets - 12 reps. 1 minute rest)	Squat Jump (3 sets - 12 reps. 1 minute rest)	Mule Burpees (3 sets - 12 reps. 2 minutes rest)	Renegade (3 sets - 12 reps. 2 minutes rest)	Wall Calf (15 minutes) 3 minutes rest	Concentration Curl (3 sets - 10 reps. 1 minute rest)	Dumbell Side Lateral Raise (3 sets - 10 reps. 1 minute rest)	Leg Curl (3 sets - 10 reps. 1 minute rest)	Toe Touches (3 sets - 10 reps. 1 minute rest)	Barbell Bench Press 3 sets - 12 reps. 1 minute rest	Seated Calf Raise 3 sets – 20 reps. 1 minute rest
Plank pose (2 minutes 3 set) Rest 2 minutes	do crunches (15 reps 2 set) Rest 2 minutes	plank pose (2 minutes 3 set) Rest 2 minutes	Jack Knife (3 sets - 15 reps. 2 minutes rest)	Cross-Crawl (3 sets - 12 reps. 2 minutes rest)	push-up (17 reps 2 set)	Dumbell Curl (3 sets - 10 reps. 1 minute rest)	Barbell Upright-row(3 sets - 10 reps. 1 minute rest)	Barbell Calf Raises (3 sets - 10 reps. 1 minute rest)	Tricep push-up (3 sets - 10 reps. 1 minute rest)	Wrist Curl 3 sets - 12 reps. 1 minute rest	Barbell deadlift 3 sets - 12 reps. 2 minutes rest
push-up (10 reps 2 set)	Lunge Training (15 minutes)	push-up (10 reps 2 set)	Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest)								Pulldown Lat 3 sets - 12 reps. 2 minutes rest
Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down

NAME: EMIN

SURNAME: CEVIK

HEIGHT: 1.83 Meter

WEIGHT: 85 Kg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Breakfast (08:00-09:00):</p> <p>light tea/herbal tea (unsweetened)</p> <p>1 boiled egg + 6 raw almonds</p> <p>Lots of cold cut vegetables and greens</p> <p>1 thin slice of whole wheat/rye bread</p> <p>Lunch (12:00-13:00):</p> <p>1 hand size grilled chicken/lean meat or 4-5 grilled meatballs</p> <p>1 bowl of tzatziki or 1 glass of ayran + plenty of oil-free salad (lots of vinegar and lemon)</p>	<p>Breakfast (08:00-09:00):</p> <p>4 tablespoons of oatmeal</p> <p>1 tablespoon of black seed raisins or 3 prunes</p> <p>1 teaspoon ground cinnamon</p> <p>1 cup nonfat organic milk</p> <p>Lunch (12:00-13:00):</p> <p>1 hand size grilled chicken/lean meat or 4-5 grilled meatballs</p> <p>1 bowl of tzatziki or 1 glass of ayran + plenty of oil-free salad (lots of vinegar and lemon)</p> <p>Snack (15:30-</p>	<p>Breakfast (08:00-09:00):</p> <p>light tea/herbal tea (unsweetened)</p> <p>4 tablespoons of curd cheese (with black cumin and black pepper added)</p> <p>half avocado</p> <p>Lots of cold cut vegetables and greens</p> <p>1 thin slice of whole wheat/rye bread</p> <p>Lunch (12:00-13:00):</p> <p>4 tablespoons of wholemeal pasta+homemade tomato sauce</p> <p>1 bowl of yoghurt</p> <p>Snack (15:30-</p>	<p>Breakfast (08:00-09:00):</p> <p>1 box of plain probiotic yogurt+1 kiwi+1 tablespoon of oat bran</p> <p>Lunch (12:00-13:00):</p> <p>1 small plate of vegetable meal/legumes (meatless, dehydrated)</p> <p>1 bowl of yoghurt</p> <p>Lean plenty of salad (lots of vinegar and lemon)</p> <p>Snack (15:30-16:00): 3 whole walnuts+1 cup of fennel tea</p> <p>Dinner (19:00-20:00): 1 portion of grilled/baked fish +</p>	<p>Breakfast (08:00-09:00):</p> <p>4 tablespoons of oatmeal</p> <p>1 grated apple + 1 teaspoon ground cinnamon</p> <p>2 boxes of plain probiotic yogurt</p> <p>Lunch (12:00-13:00):</p> <p>Half a bowl of soup + 6 tablespoons of vegetable food (without meat, without water)</p> <p>1 bowl of tzatziki + plenty of salad</p> <p>Snack (15:30-16:00): 1 tea glass of yellow chickpeas+1 cup of unsweetened coffee</p>	<p>Breakfast (10:00-11:00):</p> <p>light tea/linden (sugar free)</p> <p>Menemen or omelet made with 1 egg</p> <p>2 slices of auger or string cheese</p> <p>1 teaspoon honey/chocolate spread</p> <p>Lots of cold cut vegetables and greens</p> <p>2 thin slices of rye bread</p> <p>Snack (14:00-15:00):</p> <p>1 month slice of watermelon + 2 finger thick feta cheese</p>	<p>Breakfast: 1 egg menemen, 1 slice of cheese, 5 olives, 1 slice of multigrain bread, tomato, cucumber</p> <p>Snack: 3 apricots + 2 walnuts</p> <p>Lunch: 1 plate of pasta with tomato sauce, 1 bowl of probiotic yogurt</p> <p>Search: 1 kiwi</p> <p>Dinner: 1 slice of steak + 6 spoons of boiled or grilled vegetables + seasonal greens and salad</p> <p>Break: 1 cup of milk+1 banana</p>

<p>Snack (15:30-16:00): 2 whole walnuts + 1 cup of unsweetened coffee</p> <p>Evening (19:00-20:00):</p> <p>1 hand-sized grilled turkey or chicken</p> <p>1 bowl of tzatziki with dill + plenty of oil-free salad (lots of vinegar and lemon)</p> <p>Snack (21:30-22:00): 1 bowl of light yogurt+1 tablespoon of ground flaxseed</p>	<p>16:00): half a pack of puffed rice+1 cup of green tea/coffee</p> <p>Evening (19:00-20:00):</p> <p>1 hand size grilled chicken/lean meat or 4-5 grilled meatballs</p> <p>1 bowl of tzatziki or 1 glass of ayran + plenty of oil-free salad (lots of vinegar and lemon)</p> <p>Snack (21:30-22:00): 2 slices of cinnamon pineapple</p>	<p>16:00): 3-4 diet biscuits+1 cup of green tea/coffee</p> <p>Evening (19:00-20:00):</p> <p>Unlimited edema soup*</p> <p>Snack (21:30-22:00): 1 cup of lemon balm tea</p>	<p>plenty of salad</p> <p>Snack (21:30-22:00): 3 squares of dark chocolate+1 cup of green tea</p>	<p>Evening (19:00-20:00):</p> <p>Unlimited Grilled zucchini and eggplant slices</p> <p>1 bowl of yoghurt with chili pepper+dill+mint added</p> <p>Snack (21:30-22:00): 1 nectarine</p>	<p>Snack (14:00-15:00) (alternative): 1 box of probiotic yogurt with muesli</p> <p>Evening (19:00-20:00):</p> <p>150 g grilled meat or 200 g fish + plenty of salad (lots of vinegar and lemon)</p> <p>Snack (21:30-22:00): 2 whole walnuts+1 cup of chamomile tea</p>	
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Emin Cevik

Age:27 weight:92

<u>1 Week</u>	<u>2.Week</u>	<u>3 Week</u>	4.week	5. Week	6. Week	7.Week	8. Week	9.Week	10.week	11.week	12.week
(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday - Friday)	(Monday- Wednesda y- Friday)	(Monday- Wednesda y- Friday)	(Monday- Wednesda y- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday- Friday)	(Monday- Wednesday - Friday)	(Monday- Wednesda y- Friday)	every day of the week	every day of the week
Anatomical Adaption	<u>Anatomical Adaption</u>	Anatomical Adaption	<u>Anatomic al Adaption</u>	Treadmill Training	Treadmill Training	Treadmill Training	Treadmill Training	Treadmill Training	Treadmill Training	Jump Rope training	Cycling Training
Treadmill Training (20 minutes) 3-5 minutes rest	Jump Rope training (30 minutes) 3-5 minutes rest	Treadmill Training (15minutes) 3-5 minutes rest	Jump Rope training (30 minutes) 3-5 minutes rest	(15minutes) 3-5 minutes rest	(15minutes) 3-5 minutes rest	(15minutes) 3-5 minutes rest	(15minutes) 3-5 minutes rest	(15minutes) 3-5 minutes rest	(20 minutes) 3-5 minutes rest	(30 minutes) 3-5 minutes rest	(20 minutes) push-up (10 reps 2 set)
Cycling Training (20 minutes)	plank pose (2 minutes 3 set)	Cycling Training (15 minutes) 3 minutes rest	plank pose (2 minutes 3 set)	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (15 minutes) 3 minutes rest	Cycling Training (20 minutes) 2 Minutes rest each set)	Cycling Training (20 minutes) 2Minutes rest each set)	2 Minutes rest each set) Plank mountain climber (3 sets – 10-12-15 reps
Cooling Down	push-up (10 reps 2 set)	Lunge Training (15 minutes)	do crunches (20 reps 2 set)	Jumping jacks (10 minutes) 2 minutes rest	Abdomina l Crunch (10 minutes) 3 minutes rest	Squat (10 minutes) 3 minutes rest	Lunge Training (10 minutes)	High Knees (10 Minutes)	Crabwalk (3 sets - 12 reps	One leg push up	2 Minutes rest each set) Forward lunge (3 sets – 15-17-20 reps
	Cooling Down	Cooling Down	Cooling Down	Bird dog (10 minutes)	Chest Press (3 sets - 12 reps. 1 minute rest for	Pectoral machine (3 sets - 12 reps. 1 minute rest for each set)	Chest Press (3 sets - 12 reps. 1 minutes rest for each set)	Pectoral machine (3 sets - 12 reps. 1 minutes rest for each set)	Vertical crunch	Donkey kick (3 sets – 10-12-15 reps	2 Minutes rest each set)

				<p>Cooling Down</p>	<p>each set)</p> <p>Vertical Traction (3 sets - 12 reps. 1 minute rest for each set)</p> <p>Leg Extansion (3 sets - 12 reps. 1 minute rest for each set)</p> <p>Cooling Down</p>	<p>for each set)</p> <p>Leg Press (3 sets - 12 reps. 1 minute rest for each set)</p> <p>Cooling Down</p>	<p>Pulley</p> <p>3 sets - 12 reps. 1 minute rest for each set)</p> <p>Cooling Down</p>	<p>(3 sets - 12 reps. 1 minute rest for each set)</p> <p>Leg Curl 3 sets - 12 reps. 1 minute rest for each set)</p> <p>Cooling Down</p>	<p>(3 sets - 10 reps</p> <p>Cooling Down</p>	<p>Bulgarian squat (3 sets – 15-17-20 reps</p> <p>Cooling Down</p>	<p>Jackknife (3 sets – 10-12-15 reps</p> <p>2 Minutes rest each set)</p> <p>Wall sits (3 sets- 45 seconds)</p> <p>Cooling Down</p>
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Name Murat

Surname Yıldız

Age 27

Height 176 cm

Weigt 89 kg

NAME-SURNAME : MURAT YILDIZ

AGE: 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>Breakfast</u> Boiled egg, chopped tomatoes and cucumbers,5-6 olives skim cheese Turkish Tea</p> <p><u>Lunch</u> Jacket potato with tuna mayonnaise, sweetcorn and salad 2 oatcakes, cheese and grapes</p> <p><u>Evening Meal</u> Chickpea and spinach curry (retail cooking sauce) with brown rice</p> <p><u>Snacks</u> Guacamole and 1/2 wholemeal pitta bread 4 squares of dark chocolate</p>	<p><u>Breakfast</u> 2 slices wholemeal toast with peanut butter Skinny latte Small glass (150ml) orange juice</p> <p><u>Lunch</u> Chicken and wholewheat pasta salad 4 dried apricots</p> <p><u>Evening Meal</u> Baked salmon, new potatoes, broccoli and kale</p> <p><u>Snacks</u> Smoothie: skimmed milk, low fat fruit yogurt, frozen berries 2 chocolate digestives</p>	<p><u>Breakfast</u> Bran flakes, semiskimmed milk and chopped banana Tea</p> <p><u>Lunch</u> Cheese and chutney and salad on a wholemeal roll 1 pear</p> <p><u>Evening Meal</u> Vegetarian bean chilli with brown rice</p> <p><u>Snacks</u> Unsalted nuts (handful) and raisins 1 apple</p>	<p><u>Breakfast</u> Small can of reduced sugar baked beans on 1 slice of wholemeal toast latte</p> <p><u>Lunch</u> Lentil soup, ham salad sandwich with salad cream, on wholemeal bread 2 oranges</p> <p><u>Evening Meal</u> Rice and lean chicken meatball and Ayran</p> <p><u>Snacks</u> Plain with yogurt, berries and pumpkin seeds</p>	<p><u>Breakfast</u> Boiled egg, honey with butter, cheese, 5-6 green olives Tea (no sugar)</p> <p><u>Lunch</u> Chicken soup, boiled potatoes Mediterrian salad</p> <p><u>Evening Meal</u> Mantı (pasty or pierogi) With butter Seasonal salad Orange Juice(handmade)</p> <p><u>Snacks</u> 1 banana and 10 nuts</p>	<p><u>Breakfast</u> Fried Egg with peppers, honey, strawberry jam and Milk</p> <p><u>Lunch</u> Mushroom soup,caeser salad and Boiled chicken</p> <p><u>Evening Meal</u> Baked salmon, diet pasta with sauce and sour cherry juice</p> <p><u>Snacks</u> 7-10 walnuts 7-10 nuts Dried grapes</p>	<p><u>Breakfast</u> Boiled egg, chopped tomatoes and cucumbers, jam and olive Tea</p> <p><u>Lunch</u> Boiled Potatoes with yoghurt and salad with tuna</p> <p><u>Evening Meal</u> Chickpea with lean meat, Brown rice and Lemanode</p> <p><u>Snacks</u> 100 gr almonds. ½ Orange juice</p>