Name: **Helen Welegrie**
Date: **02/06/20**

Weekly Diet planner

Day

Breakfast	Lunch	Dinner
1.Pineapple 200g & Flaxseed 10ml juice	Steamed Veal 70g with Tomato, onion & paper Salad	Beetroot, tomato & paper Salad
2. Fiber 20g & Orange juice 200ml	Sardine 90g with Spinach , tomato & paper Stew	Cabbage, Tomato & carrot Stew
3. Pineapple 200g & Flaxseed 10ml juice	Plain Noodles 60g with Spinach, carrot & red pepper salad	Green vegetable Stew
4. Fiber 20g & Orange juice 200ml	Steamed Veal 70g with Tomato, onion & paper Salad	Beetroot, tomato & paper Salad
5. Pineapple 200g & Flaxseed 10ml juice	Noodles (1) Veg Stew without potato	Green vegetable Stew
6. Fiber 20g & Orange juice 200ml	Sardine 90g with Spinach , tomato & paper Stew	Cabbage, Tomato & carrot Stew
7. Pineapple 200g & Flaxseed 10ml juice	Steamed Veal 70g with Tomato, onion & paper Salad	Beetroot, tomato & paper Salad

Remarks:

- **Avoid Sugar completely.**
- **Eat these fruits as a snack, twice, 200g each (orange, Apple & Strawberry)**
- **Drink water (aim for 1lt a day) anytime of the day. Could be mixed with squeezed lemon.**
- **You can spice up your meals with Garlic, ginger, lemon, olive oil.**
- **Limit your salt intake by half to your normal portion.**
- **Choose herbal tea or decaffeinated coffee especially for the first 3 days. (peppermint)**
- **Lunch and dinner portions should not exceed more than 350g (equivalent to a small bowl).**
- **All food should not be fried. Steam, boil and grill.**
- **No more than two spoon of oil is allowed per meal.**
- **Avoid Iodized Salt, Sea Fish, kale & onion.**

Recommendation: **N/A**