

# BREAKFAST

## Carbohydrates (high fibre)



High fibre cereal / oats

## Protein (low fat)

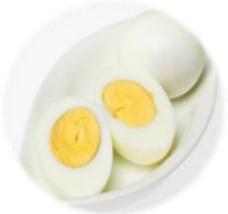
Feta Cheese / Paneer



Cottage Cheese



Max 3 Yolks / Week



Nuts



Peanut butter



Plain yogurt



Milk



# Lunch & Dinner

