



Meal Planner

“Take care of your body. It’s the only place you have to live.” – Jim Rohn

My Meal Matrix

Break fast	2pan cakes(3tbsp oats+ 1 whole egg+1/2 cup of skimmed milk +1/2 small mashed banana+ baking powder + 1tsb olive oil or coconut oil)+ 3 strawberries or 5 tbsp Boiled Wheat+ 8strawberries +1/4 cup of skimmed milk + 2 tbsp greek yougrt +6 raw almonds
snack1	½ sweet potato +1 small bottle light rayeb +6 raw almonds +2 allowed fruits(apple + guava) or Yogurt Parfait with Digestive Biscuits, Raisins, and Fruits (2 tbsp greek yogurt + 2 tbsp raisin +2 digestive biscuits)+ 1 allowed fruit(apple, guava,orange, banana, kiwi)+1small light rayeb
lunch	3tbsp basmati rice +60gm grilled breast chicken(2 piecies)+ 1 cup of salad + 3 tbsp Cowpeas+ 1 tsb olive oil or ½ mashed potatoes +1 grilled fish + 1cup of salad+3tbspHummus Salad with Tahini(1 cup cooked chickpeas+1 tablespoon (1 tbsp) tahini+1 tablespoon (1 tbsp) lemon juice+1 clove garlic, minced+1-2 tsp olive oil+Salt & pepper to taste+Parsley for garnish)
snack2	1 small cup greek yogurt +2allowed fruits +A handful of nuts (about a palmful) or 1tbsp peanut butter + 1 small light rayed bottle +2 ruits from allowed
dinner	1multigrain toast +1/2cup cottage cheese+1 whole egg+ 1 cup mixed salad+2 tbsp greek yogurt or Corn & Tuna Salad with Greek Yogurt(½ cup crushed corn+1 can light tuna+2 tablespoons Greek yogurt+Bell peppers, chopped+Cabbage,

shredded+2 slices turkey breast+1 teaspoon olive oil+Salt & pepper to taste)

Recipe Box

1-Healthy Banana Oat Pancake

Ingredients	Steps
On-hand: ● 3 tablespoons oats ● 1 whole egg ● ½ cup skimmed milk ● ½ small mashed banana ● ½ teaspoon baking powder ● 1 teaspoon olive oil or coconut oil ● 3 strawberries, sliced (for topping)	● In a bowl, mix oats, egg, milk, mashed banana, and baking powder until smooth. ● Heat a non-stick pan over medium heat and add a little olive oil or coconut oil. ● Pour the batter into the pan and cook for 2-3 minutes on each side until golden. ● Serve with sliced strawberries on top.

2-Yogurt Parfait with Digestive Biscuits, Raisins, and Fruits

Ingredients	Steps
On-hand: ● 2 tablespoons Greek yogurt ● 2 tablespoons raisins ● 2 digestive biscuits, crushed ● 1 allowed fruit (apple, guava, orange, banana, or kiwi), chopped ● 1 small light Rayeb (or low-fat fermented milk)	1. In a serving glass or bowl, layer Greek yogurt, crushed digestive biscuits, and raisins. 2. Add a layer of the chopped fruit on top. 3. Pour light Rayeb over the parfait. 4. Repeat layers if desired. 5. Serve chilled.

3-Chickpea Salad with Tahini

Ingredients	Steps
On-hand: 1 cup cooked chickpeas 1 tablespoon (1 tbsp) tahini 1 tablespoon (1 tbsp) lemon juice 1 clove garlic, minced 1-2 teaspoons olive oil - Salt & pepper to taste Parsley for garnish	- In a bowl, combine the cooked chickpeas, tahini, lemon juice, and minced garlic. - Mash or stir the mixture until smooth and creamy. - Add olive oil, salt, and pepper to taste, and mix well. - Garnish with parsley before serving. - Serve chilled or at room temperature.

4-Corn & Tuna Salad with Greek Yogurt

Ingredients	Steps
On-hand: ½ cup crushed corn 1 can light tuna 2 tablespoons Greek yogurt Bell peppers, chopped Cabbage, shredded 2 slices turkey breast 1 teaspoon olive oil - Salt & pepper to taste	- In a bowl, combine crushed corn and light tuna. - Add Greek yogurt and mix well until creamy. - Stir in chopped bell peppers and shredded cabbage. - Cut turkey slices into small pieces and add to the salad. - Drizzle with olive oil and season with salt & pepper to taste. - Toss gently until everything is well combined. - Serve chilled or at room temperature.

Notes:

- Hydration:
- Increase water intake to **8–12 cups per day.**
- Drink **1–2 cups of water 30 minutes before each meal.**

- **Vegetable Salad Dressing:**
- 1 **teaspoon olive oil**
- 1 **tablespoon balsamic vinegar** (or regular vinegar / apple cider vinegar)
- Juice of **1 lemon**
- 1 **teaspoon mustard**
- 1 **tablespoon cumin**
- 1 **tablespoon thyme**
- **Additional Guidelines:**
- If you feel hungry at any time during the day, you can eat **any type of vegetables**.
- **Time between meals should be 3–4 hours.**

This Week's Grocery List

Budget: \$\$

- ☐ Transfer any ingredients marked "To buy" here
- ☐ Add more here
- ☐ Add more here

Bon Appetit!