

Weekly Meal Plan

CAROLINA FLUIT

1200 Calories

MONDAY

BREAKFAST	LUNCH	DINNER	SNACK
Oats with plant-based milk, banana, and chia Cinnamon to taste	Grilled chicken Brown rice Green salad with olive oil and lemon Pineapple	Pumpkin soup with ginger and garlic Boiled egg Whole-grain bread	Apple with almonds

TUESDAY

BREAKFAST	LUNCH	DINNER	SNACK
Unsweetened yogurt (or plant-based) Berries Ground flaxseed	Grilled fish Quinoa Steamed vegetables with olive oil	Omelet with spinach and onion Red cabbage salad with lemon	Grilled fish Quinoa Steamed vegetables with olive oil

WEDNESDAY

BREAKFAST	LUNCH	DINNER	SNACK
Smoothie with spinach, green apple, ginger, and oat milk Whole-grain bread with olive oil	Cooked lentils Sweet potato Arugula salad with olive oil and lemon	Stuffed zucchini with brown rice and vegetables Herbal tea	Raw carrot sticks

THURSDAY

BREAKFAST	LUNCH	DINNER	SNACK
Overnight oats with oats, plant-based milk, chia, and grated apple	Baked chicken with saffron Brown rice Steamed broccoli and carrots with olive oil	Vegetable soup with tofu Whole-grain toast	Tangerine

FRIDAY

BREAKFAST	LUNCH	DINNER	SNACK
Tapioca with scrambled egg and turmeric Unsweetened green tea	Grilled sardine Quinoa Kale and carrot salad with lemon	Homemade chickpea burger Pumpkin purée Lettuce and tomato salad	Kiwi

SATURDAY

BREAKFAST	LUNCH	DINNER	SNACK
Plant-based yogurt with chia and strawberries	Chicken breast with curry and ginger Brown rice Grilled eggplant and cooked spinach	Lentil soup Boiled egg Whole-grain toast	Sliced cucumber with lemon and pink salt

SUNDAY

BREAKFAST	LUNCH	DINNER	SNACK
Banana smoothie with plant-based milk, oats, flaxseed, and cinnamon	Baked fish fillet with lemon Sweet potato purée Cabbage salad with olive oil and apple cider vinegar	Omelet with mushrooms and onion Whole-grain bread	Papaya with lemon



Plano Alimentar Semanal

CAROLINA FLUIT

1200 Calorias

SEGUNDA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Aveia (3 col. sopa) com leite vegetal (150 ml), banana (½) e chia (1 col. chá) Canela a gosto	Filé de frango grelhado Arroz integral (½ xícara) Salada de folhas verdes 1 fatia de abacaxi	Sopa de abóbora com gengibre e alho Ovo cozido (1) 1 fatia de pão integral	Maçã pequena 6 amêndoas

TERÇA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
logurte natural (ou vegetal) sem açúcar Frutas vermelhas Linhaça moída	Peixe grelhado Quinoa (½ xícara) Legumes no vapor + azeite (1 col. sopa)	Omelete com espinafre e cebola Salada de repolho roxo com limão	Pera com manteiga de amendoim

QUARTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Smoothie de espinafre, maçã verde, gengibre e leite de aveia Pão integral com azeite	Lentilhas cozidas Batata-doce Salada de rúcula com azeite e limão	Abobrinha recheada com arroz integral e legumes Chá de ervas	Cenoura crua em palitos

QUINTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Overnight oats com aveia, leite vegetal, chia e maçã ralada	Frango assado com açafrão Arroz integral Brócolis e cenoura cozidos com azeite	Sopa de legumes com tofu Torrada integral	Tangerina

SEXTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Tapioca com ovo mexido e cúrcuma Chá verde sem açúcar	Sardinha grelhada Quinoa Salada de couve e cenoura com limão	Hambúrguer caseiro de grão-de-bico Purê de abóbora Salada de alface e tomate	Kiwi

SÁBADO

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
logurte vegetal com chia e morangos	Peito de frango com curry e gengibre Arroz integral Berinjela grelhada e espinafre cozido	Sopa de lentilhas Ovo cozido Torrada integral	Pepino em rodellas com limão e sal rosa

DOMINGO

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Vitamina de banana com leite vegetal, aveia, linhaça e canela	Filé de peixe ao forno com limão Purê de batata-doce Salada de repolho com azeite e vinagre de maçã	Omelete com cogumelos e cebola Pão integral	Mamão com limão

