

Plano Alimentar Semanal

CAROLINA FLUIT

Mulher 50+

SEGUNDA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
1 ovo inteiro + 1 clara com espinafre ou tomate 1 fatia de pão integral ou 2 colheres de aveia com leite vegetal 1 fatia de mamão ou 1 kiwi Café preto ou chá sem açúcar	Salada variada + azeite e limão Legumes cozidos Frango grelhado ou peixe assado 2 colheres de arroz integral ou ½ batata-doce cozida	1 fruta com casca (maçã ou pera) ou 1 fatia de pão integral com atum ou homus	Sopa de legumes com frango desfiado ou omelete com vegetais e 1 colher de aveia Priorizar proteína + vegetais Ceia (opcional) Chá de camomila ou erva-doce

TERÇA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
Aveia com leite vegetal, chia e maçã ralada Café preto ou chá verde	Salada de folhas + frango grelhado Couve-flor cozida 2 colheres de arroz integral	Queijo branco + 2 bolachas integrais	Sopa de legumes com carne magra 1 quadrado de chocolate 70% (opcional)

QUARTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
logurte natural + chia 1 fatia de pão integral com abacate	Salada de folhas + legumes cozidos Tofu grelhado ou filé de peixe Quinoa	1 fruta + 1 colher de sementes (girassol ou abóbora)	Omelete de vegetais Salada crua temperada com azeite e limão

QUINTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
1 ovo cozido + 1 torrada integral 1 banana pequena Café ou chá sem açúcar	Legumes refogados + carne magra Arroz integral Salada com azeite e limão	logurte natural com linhaça	Caldo de frango com abobrinha e couve 1 fruta (opcional)

SEXTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
1 ovo + aveia com leite vegetal 1 fruta vermelha (morango ou mirtilo)	Salada de folhas + frango grelhado Purê de abóbora Feijão	Queijo branco + castanhas	Omelete com espinafre e tomate Chá de ervas

SÁBADO

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
Smoothie verde (espinafre, limão, maçã verde e gengibre) 1 fatia de pão integral	Peixe assado com ervas Arroz integral + legumes cozidos Salada com azeite	1 fruta + 1 colher de chia	Sopa leve de legumes 1 quadrado de chocolate 70%

DOMINGO

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
1 iogurte natural com aveia e frutas vermelhas Café preto sem açúcar	Frango desfiado com legumes Quinoa Salada verde	1 fatia de queijo branco + 2 bolachas integrais	Omelete de vegetais ou sopa de legumes Chá de camomila



Weekly Meal Plan

CAROLINA FLUIT

Woman
+50

MONDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
1 whole egg + 1 white scrambled with spinach or tomato 1 slice whole-grain bread or 2 tbsp oats with plant milk 1 slice papaya or 1 kiwi Black coffee or unsweetened tea	Mixed salad (lettuce, arugula, carrot, cucumber, tomato) + olive oil and lemon Steamed vegetables (zucchini, broccoli, eggplant) Grilled chicken or baked fish 2 tbsp brown rice or ½ boiled sweet potato	1 whole fruit (apple or pear) or whole-grain toast with tuna or hummus	Vegetable soup with shredded chicken or veggie omelet with oats Avoid bread and pasta at night Prioritize protein + vegetables -Optional Evening Tea Chamomile or fennel tea

TUESDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
Oatmeal with plant milk, chia, and grated apple Black coffee or green tea	Leafy salad + grilled chicken Steamed cauliflower Brown rice	White cheese + 2 whole-grain crackers	Vegetable soup with lean beef 1 square dark chocolate (70%) optional

WEDNESDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
Natural yogurt + chia Whole-grain toast with avocado	Leafy greens + cooked vegetables Grilled tofu or fish fillet Quinoa	1 fruit + 1 tbsp seeds (sunflower or pumpkin)	Veggie omelet Raw salad with olive oil and lemon

THURSDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
1 boiled egg + 1 whole-grain toast 1 small banana Coffee or tea, unsweetened	Stir-fried vegetables + lean beef Brown rice Salad with olive oil and lemon	Yogurt with flaxseed	Chicken broth with zucchini and kale Optional: 1 fruit

FRIDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
1 egg + oatmeal with plant milk 1 red fruit (strawberry or blueberry)	Leafy salad + grilled chicken Pumpkin purée Beans	White cheese + nuts	Spinach and tomato omelet Herbal tea

SATURDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
Green smoothie (spinach, lemon, green apple, ginger) 1 slice of whole-grain bread	Baked fish with herbs Brown rice + steamed vegetables Salad with olive oil	1 fruit + 1 tbsp chia seeds	Light vegetable soup 1 square dark chocolate (70%)

SUNDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
Natural yogurt with oats and berries Black coffee, unsweetened	Shredded chicken with vegetables Quinoa Green salad	White cheese + 2 whole-grain crackers	Veggie omelet or vegetable soup Chamomile tea

