

Weekly Meal Plan

CAROLINA FLUIT

Intermittent Fasting 16:8

MONDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Salad with leafy greens, tomato, cucumber Grilled chicken breast Sautéed zucchini, carrots 1 tbsp chia seeds in the salad	1 plain whole yogurt (unsweetened) A handful of walnuts	2-egg omelet with spinach, tomato, and onion ½ avocado with lemon

TUESDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Tuna in water with leafy greens and raw vegetables 1 tbsp olive oil Cauliflower gratin	1 boiled egg Hibiscus tea	Low-carb soup with pumpkin + shredded chicken + kale 1 tbsp flaxseeds

WEDNESDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Ground beef sautéed with garlic, onion, and bell pepper Arugula, watercress, and radish salad Steamed broccoli	1 square of 70% dark chocolate A handful of cashews	Omelet with mushrooms and white cheese Cherry tomatoes with olive oil and oregano

THURSDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Baked fish fillet with herbs Sautéed vegetable mix Salad with lettuce, cucumber, and pumpkin seeds	Avocado with lemon and chia Chamomile tea	Chicken broth with kale and zucchini 1 boiled egg

FRIDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Shredded chicken with curry and bell pepper Cauliflower rice Lettuce + tomato + olive oil salad	White cheese + walnuts Green tea	Omelet with red onion and spinach ½ avocado

SATURDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Grilled sardines Quinoa (½ cup) Kale and carrot salad with lemon	1 kiwi	Homemade chickpea burger Pumpkin purée Lettuce and tomato salad

SUNDAY

BREAKFAST	LUNCH 12pm	SNACK 4pm	DINNER 19:30pm
-	Chicken breast with curry and ginger Brown rice (⅓ cup) Grilled eggplant + cooked spinach	Sliced cucumber with lemon and pink salt	Lentil soup 1 boiled egg 1 slice of whole-grain toast



Plano Alimentar Semanal

CAROLINA FLUIT

Jejum Intermitente 16:8

SEGUNDA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Salada com folhas Peito de frango grelhado Abobrinha e cenoura refogadas 1 colher de semente de chia na salada	1 iogurte natural integral sem açúcar 1 punhado de nozes	Omelete de 2 ovos com espinafre, tomate e cebola ½ abacate com limão

TERÇA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Atum em água com salada de folhas e legumes crus 1 colher de azeite Couve-flor gratinada	1 ovo cozido Chá de hibisco	Sopa low carb de abóbora + frango desfiado + couve 1 colher de semente de linhaça

QUARTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Carne moída refogada Salada de rúcula, agrião e rabanete Brócolis cozido	1 quadrado de chocolate 70% cacau 1 punhado de castanhas	Omelete com cogumelos e queijo branco Tomate-cereja com azeite e orégano

QUINTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Filé de peixe assado Mix de legumes refogados Salada	Abacate com limão e chia Chá de camomila	Caldo de frango com couve e abobrinha 1 ovo cozido

SEXTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Frango desfiado com curry e pimentão Couve-flor ralada tipo arroz Salada de alface + tomate	Queijo branco + nozes Chá verde	Omelete com cebola roxa e espinafre ½ abacate

SÁBADO

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Sardinha grelhada Quinoa (½ xícara) Salada de couve e cenoura com limão	1 kiwi	Hambúrguer caseiro de grão-de-bico Purê de abóbora Salada de alface e tomate

DOMINGO

CAFÉ DA MANHÃ	ALMOÇO 12pm	LANCHE 16pm	JANTAR 19:30pm
-	Peito de frango com curry e gengibre Arroz integral (⅓ xícara) Berinjela grelhada + espinafre cozido	Pepino em rodela com limão e sal rosa	Sopa de lentilhas 1 ovo cozido 1 torrada integral

