

Weekly Meal Plan

CAROLINA FLUIT

Teenager (Low Carb + Low Fat)

MONDAY

BREAKFAST	LUNCH	DINNER	SNACK
1 boiled egg 1 slice of whole-grain bread 1 small banana Tea or water	Sweet potato Lentils Lean ground beef Leafy salad + tomato	Grilled chicken Sautéed kale Zucchini + carrots	1 slice of whole-grain bread Ricotta spread

TUESDAY

BREAKFAST	LUNCH	DINNER	SNACK
Smoothie: skim milk + strawberry + chia seeds + oats 1 slice of whole-grain toast	Sweet potato Lentils Lean ground beef Leafy salad + tomato	1 slice of whole-grain bread Ricotta spread	1 slice of whole-grain bread Ricotta spread

WEDNESDAY

BREAKFAST	LUNCH	DINNER	SNACK
Skim milk with unsweetened cocoa 2 slices of whole-grain toast 1 small banana	Brown rice Beans Grilled fish fillet Chayote + carrots Lettuce and cucumber salad	Grilled chicken Sautéed kale Zucchini + carrots	1 fruit 3 nuts

THURSDAY

BREAKFAST	LUNCH	DINNER	SNACK
Skim milk with unsweetened cocoa 2 slices of whole-grain toast 1 small banana	Omelet with spinach and tomato Salad with olive oil and lemon	Vegetable soup with tofu Whole-grain toast	1 slice of whole-grain bread 1 boiled egg

FRIDAY

BREAKFAST	LUNCH	DINNER	SNACK
Tapioca with scrambled egg and turmeric Unsweetened green tea	Grilled sardine Quinoa Kale and carrot salad with lemon	Grilled lean beef Steamed mixed vegetables Leafy green salad	Unsweetened yogurt Nuts

SATURDAY

BREAKFAST	LUNCH	DINNER	SNACK
1 scrambled egg 1 slice of whole-grain bread 1 kiwi	Chicken breast with curry and ginger Brown rice Grilled eggplant and cooked spinach	Lentil soup 1 boiled egg 1 slice of whole-grain toast	Cucumber slices with lemon and pink salt

SUNDAY

BREAKFAST	LUNCH	DINNER	SNACK
Skim milk with oats 1 slice of papaya 1 slice of whole-grain toast	Brown rice Beans Lean ground beef Steamed pumpkin and broccoli	1 slice of whole-grain bread Tuna spread	Grilled chicken Steamed mixed vegetables



Plano Alimentar Semanal

CAROLINA FLUIT

Adolescente (Low Carb + Low Fat)

SEGUNDA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
1 ovo cozido 1 fatia de pão integral 1 banana pequena Chá ou água	Batata-doce Lentilha Carne magra moída Salada de folhas + tomate	Omelete com 2 ovos + tomate + cebola Abobrinha refogada Salada crua	1 fatia de pão integral Pasta de ricota

TERÇA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Vitamina de leite desnatado + morango + chia + aveia 1 torrada integral	Batata-doce Lentilha Carne magra moída Salada de folhas + tomate	Frango grelhado Couve refogada Abobrinha + cenoura	1 fatia de pão integral Pasta de ricota

QUARTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
1 ovo mexido 1 fatia de pão integral 1 maçã pequena	Arroz integral Feijão Filé de peixe grelhado Chuchu + cenoura Salada de alface + pepino	Omelete com espinafre e tomate Salada com azeite e limão	1 fruta 3 castanhas

QUINTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Leite desnatado com cacau puro (sem açúcar) 2 torradas integrais 1 banana pequena	Arroz integral Frango desfiado com legumes Couve-flor e cenoura Salada verde	Carne magra grelhada Mix de legumes cozidos Salada de folhas verdes	Leite desnatado com cacau puro (sem açúcar) 2 torradas integrais 1 banana pequena

SEXTA - FEIRA

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Vitamina de leite desnatado + banana + aveia 1 fatia de pão integral	Carne magra grelhada Mix de legumes cozidos Salada de folhas verdes	Feijão Quinoa Peito de frango Abobrinha + couve refogada	Omelete com vegetais Tomate com orégano e azeite

SÁBADO

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
1 ovo mexido 1 fatia de pão integral 1 kiwi	Feijão Quinoa ou arroz Peixe grelhado Cenoura + abobrinha Salada verde	Omelete com espinafre e tomate Salada crua	1 iogurte natural 3 castanhas

DOMINGO

CAFÉ DA MANHÃ	ALMOÇO	JANTAR	LANCHE
Leite desnatado com aveia 1 fatia de mamão 1 torrada integral	Arroz integral Feijão Carne moída magra Abóbora e brócolis cozidos	Frango grelhado Mix de vegetais no vapor	1 fatia de pão integral Pasta de atum

