

Low Calories (1100-1400KCAL)

| | Day 1 | Choose One | Day 2 | Choose One | Day 3 | Choose One | Day 4 | Choose One | Day 5 | Choose One |
|------------------|--|------------|---|------------|--|------------|--|------------|--|------------|
| Breakfast | Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef | | Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef | | Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef | | Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef | | Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef | |
| | Spinach Omelette (Egg White 4 or Whole 1) Egg with Spinach, and Asparagus. Served with Multi Grain Toast | | Protien Pancake - Vanilla /Chocolate 2 Tasty Low Fat, Low Carb Pancakes with Whey Protein | | Protien Pancake - Vanilla /Chocolate 2 Tasty Low Fat, Low Carb Pancakes with Whey Protein | | Oats Pancake Made with Oats, Egg Whites, Low Fat Milk and a dash of Cinnamon | | Oats Omelete Raw Oats, 4 Egg Whites, a sip of Low Fat Milk, Low Fat Mozzarella and Mixed Veggies | |
| | Oats Pancake Made with Oats, Egg Whites, Low Fat Milk and a dash of Cinnamon | | EggWhite Tacos(Egg White or Whole or Mix) 5 Egg Whites shaped like a Taco, filled with Mushroom, Corn, Low Fat Mozzarella, Veggies and Chopped Onions served with Multi Grain Bread | | Spinach Omelette (Egg White 4 or Whole 1) Egg with Spinach, and Asparagus. Served with Multi Grain Toast | | Spinach Omelette (Egg White 4 or Whole 1) Egg with Spinach, and Asparagus. Served with Multi Grain Toast | | Spinach Omelette (Egg White 4 or Whole 1) Egg with Spinach, and Asparagus. Served with Multi Grain Toast | |
| AM Snacks | HAYZ BAR Homemade Dessert Bar made from Peanut butter, Roasted peanuts, Dates, Protein Powder and Oats Pair it with a Black Coffee for an unforgettable experience | | Muscle Truffle - Vanilla/chocolate All the pleasure with no guilt. Peanut Butter, Honey, Vanilla Protein Powder, Oats and Almond | | Heavenly Layers Avocado, Granola and Low Fat Yogurt with a hint of Honey | | HAYZ BAR Homemade Dessert Bar made from Peanut butter, Roasted peanuts, Dates, Protein Powder and Oats Pair it with a Black Coffee for an unforgettable experience | | Muscle Truffle - Vanilla/chocolate All the pleasure with no guilt. Peanut Butter, Honey, Vanilla Protein Powder, Oats and Almond | |
| | Heavenly Layers Avocado, Granola and Low Fat Yogurt with a hint of Honey | | Perfect Parfait Layers of Honey and Low Fat Yogurt topped off with Granola | | Muscle Truffle - Vanilla/chocolate All the pleasure with no guilt. Peanut Butter, Honey, Vanilla Protein Powder, Oats and Almond | | Heavenly Layers Avocado, Granola and Low Fat Yogurt with a hint of Honey | | HAYZ BAR Homemade Dessert Bar made from Peanut butter, Roasted peanuts, Dates, Protein Powder and Oats Pair it with a Black Coffee for an unforgettable experience | |
| Lunch | Lean & Mean Kofta Grilled Kofta made from Lean Beef + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Mighty Grilled Chicken Lean Grilled Chicken Breast + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Grilled White Fish Dory White Fish, check our Sauces HQ section and get inspired + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Mighty Grilled Chicken Lean Grilled Chicken Breast + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Chicken Avocado Grilled Chicken with Avocado, Corn, Kidney Beans, Cauliflower, Carrots, Cherry Tomatoes and recommended Light Gravy Sauce | |
| | Meat Balls Kofta, Brown rice, mix with Tomato Sauce , Kale, Mixed Bell Pepper and Carrot with HAYZ Spice. | | Meat up Grilled Beef Strips with Brown Rice, Mixed Bell Peppers, Corn, Mushrooms and Light Tomato Teriyaki Sauce | | Meat Balls Kofta, Brown rice, mix with Tomato Sauce , Kale, Mixed Bell Pepper and Carrot with HAYZ Spice. | | Meat up Grilled Beef Strips with Brown Rice, Mixed Bell Peppers, Corn, Mushrooms and Light Tomato Teriyaki Sauce | | Grilled White Fish Dory White Fish, check our Sauces HQ section and get inspired + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | |
| | Grilled White Fish Dory White Fish, check our Sauces HQ section and get inspired + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Chicken Avocado Grilled Chicken with Avocado, Corn, Kidney Beans, Cauliflower, Carrots, Cherry Tomatoes and recommended Light Gravy Sauce | | Playful Chicken Grilled Chicken with Brown Rice mixed with Mixed Bell Peppers, Chopped Broccoli, Carrot, Avocado and recommended Teriyaki Sauce | | Playful Chicken Grilled Chicken with Brown Rice mixed with Mixed Bell Peppers, Chopped Broccoli, Carrot, Avocado and recommended Teriyaki Sauce | | Helthy Foursome Grilled Salmon with Real Passion Fruit Sauce + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | |
| Dinner | Cesar Salad Grilled Chicken, Hard-Boiled Egg, Low Fat Parmesan Cheese, Baked Croutons, Romaine Lettuce and Light Caesar Dressing | | Lean & Mean Kofta Grilled Kofta made from Lean Beef + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Lean & Mean Kofta Grilled Kofta made from Lean Beef + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Stuffed Chicken Grilled Chicken Stuffed with Turkey Bacon and Low Fat Cheddar Cheese, Topped with Red Cabbage, Lemon Chops and Light Thyme Sauce | | Pastel de papa Minced Beef, Mashed potato, Black Olives, Egg White, Corn, Beans and Herbs with Spices | |
| | Beetroot Salad Beetroot with Low Fat Feta Cheese, Romaine Lettuce, Arugula, Mixed Bell Peppers, Cucumber and Chopped Beef Tomatoes with Light Lemon Olive Dressing | | Spinach Tortilla Chicken Wrap Wrapped in Homemade Low Carb Spinach Bread! Marinated Grilled Chicken, Julian Onion, Mixed Bell Peppers with Choice of Oyster or Marinara sauce | | Cesar Salad Grilled Chicken, Hard-Boiled Egg, Low Fat Parmesan Cheese, Baked Croutons, Romaine Lettuce and Light Caesar Dressing | | Guiltless Spaghetti Bolognese Minced beef, Brown spaghetti, carrot, zucchini, mixed spices and Herbs with tomato sauce. | | Guiltless Spaghetti Bolognese Minced beef, Brown spaghetti, carrot, zucchini, mixed spices and Herbs with tomato sauce. | |
| | Lean & Mean Kofta Grilled Kofta made from Lean Beef + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breads) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zucchini) | | Omega Booster Grilled Salmon Cubes, Baby Spinach, Romaine Lettuce, Arugula Leaves, Red Bell Peppers, Corn, Onion with Fat Free Honey Mustard Dressing | | Beetroot Salad Beetroot with Low Fat Feta Cheese, Romaine Lettuce, Arugula, Mixed Bell Peppers, Cucumber and Chopped Beef Tomatoes with Light Lemon Olive Dressing | | Veggie Wrap - Sweet potato Wrapped in Whole Wheat Tortilla Bread! Mixed Beans, Corn, Onion, Red Bell Pepper, and Carrot, Fresh Coriander Sauté with Tomato Sauce and with Baked Sweet Potato. | | Veggie Wrap - Avocado Wrapped in Whole Wheat Tortilla Bread! Mixed Beans, Corn, Onion, Red Bell Pepper, and Carrot, Fresh Coriander Sauté with Tomato Sauce and with Baked Sweet Potato. | |

Remarks/ Allergenic note:

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