

## 32 Mondays - Menu Template

### Breakfast:

- 1 portion of milk, yogurt or cheese
- 1 portion of whole grain bread, pasta low sugar and high protein cereal
- ½ portion of protein: meat, ham, egg, etc.
- coffee or tea

### Morning snack:

- 1 portion of nuts, or cheese or yogurt
- 1/2 portion of cereal or fruit or vegetables or whole grain bread

### Lunch:

- 1 portion of salad or vegetables
- 1 portion of pasta, beans, rice, couscous, etc.
- 1 portion of meat, egg, fish or cheese
- 1 portion of fruit or yogurt
- 1 treat (small piece of dark chocolate)

### Afternoon snack:

- 1 portion of nuts or cheese or yogurt
- 1/2 portion of cereal, or fruit, or vegetables, or whole grain bread

### Dinner:

- 1 portion of salad or vegetables
- 1 portion of meat, egg, fish or cheese
- 1 portion of fruit or yogurt

**No carbs for dinner!**

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Source: [www.32Mondays.com](http://www.32Mondays.com)

**Food is a pleasure. Nobody deserves to be on a diet!**