Мени за балансиран оброк со околу 1700 калории, нутритивно богати.

12 дена за две недели да се повторат наредните две недели.

1. **НЕДЕЛА**

**1ден**-Popeye-Paleo King  
-King Caesar  
**2 ден**  
-FH Muffin   
- Veggie wrap  
- Avocado tuna salad  
**3 ден**  
- Classic Omelette + Americka Palacinka   
-Classic Burger   
- Baby Spinach Salad  
**4 ден**  
-Avocado Omelette   
- Chicken Risotto  
-Salmon Salad  
**5 ден**  
-FH Muffin   
-Salmon Teryaki  
-Lean Gains + Vitamin Power  
**6 ден**  
-Whey Oatmeal   
-Chicken bowl  
-Tuna Wrap

**2 НЕДЕЛА  
1 ден**-American Protein Pancake   
-Keto Chicken Alfredo  
-FH Sopska

**2Ден**- FH Protein Waffle  
-FH Chicken  
-Paleo King **3ден**-Classic Omelette + Vitamin Power  
-Turkey Classic + 3 protein bombs-Rocked Salad + Vanilla Berry  
**4 ден**-P-oached Eggs  
-½ Muscle Pizza  
-½ Muscle Pizza  
**5 ден**  
- Avocado Omelette- Paleo King + Vitamin Power  
- Avocado tuna salad

**6 ден**- 1Red Hummus Bread +1 Caprese Bread +1 Avocado Bread **-** Veggie Wrap **-** Keto Chicken Alfredo

**3 НЕДЕЛА**

**1ден**-Popeye-Paleo King  
-King Caesar  
**2 ден**  
-FH Muffin   
- Veggie wrap  
- Avocado tuna salad  
**3 ден**  
- Classic Omelette + Americka Palacinka   
-Classic Burger   
- Baby Spinach Salad  
**4 ден**  
-Avocado Omelette   
- Chicken Risotto  
-Salmon Salad  
**5 ден**  
-FH Muffin   
-Salmon Teryaki  
-Lean Gains + Vitamin Power  
**6 ден**  
-Whey Oatmeal   
-Chicken bowl  
-Tuna Wrap

**4 НЕДЕЛА**

**1 ден**-American Protein Pancake   
-Keto Chicken Alfredo  
-FH Sopska

**2Ден**- FH Protein Waffle  
-FH Chicken  
-Paleo King **3ден**-Classic Omelette + Vitamin Power  
-Turkey Classic + 3 protein bombs-Rocked Salad + Vanilla Berry  
**4 ден**-P-oached Eggs  
-½ Muscle Pizza  
-½ Muscle Pizza  
**5 ден**  
- Avocado Omelette- Paleo King + Vitamin Power  
- Avocado tuna salad

**6 ден**- 1Red Hummus Bread +1 Caprese Bread +1 Avocado Bread **-** Veggie Wrap **-** Keto Chicken Alfredo

**ВКУПНО: 24,780.00 ден**

**-20% 19,820.00 ден**

**СЕ ВКУПНО: 19,820.00 ден**

**Сумата на пакетот е за готовинско плаќање.**