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.**