

# Wellness - By Fit Kitchen

## WELLNESS: TONE UP

A fixed meal plan for those with a busy lifestyle who want to eat healthy, gourmet food but lose weight for men or maintain lean muscle gains for women

Daily Menu: Gourmet Breakfast, Soup/Salad, 2 Gourmet Meals, A Healthy Snack and a Dessert

**1,200 Kcal - 1,600 Kcal per day**

## WELLNESS: LIFESTYLE

A fixed meal plan for those with a busy lifestyle who want to eat healthy, gourmet food and gain muscle mass for women or maintain their current weight for men

Daily Menu: Gourmet Breakfast, Soup/Salad, 2 Gourmet Meals, A Healthy Snack and a Dessert

**1,700 Kcal - 2,300 Kcal per day**

## WELLNESS: BULK UP

A fixed meal plan for those with a busy lifestyle who want to eat healthy, gourmet food but increase their muscle mass and/or their weight

Daily Menu: Gourmet Breakfast, Soup/Salad, 2 Gourmet Meals, A Healthy Snack and a Dessert

**2,000 Kcal - 2,800 Kcal per day**



## Sample Day - Wellness

### Meal 1 (Breakfast):

Poached Moroccan-Style Eggs with Sliced Brown Whole-Meal Bread, Topped with Organic Baby Spinach, Bell Peppers, Onions, Mint, Cress & Low-Calorie Tomato Sauce.

### Meal 2 (AM Snack):

Organic Beetroot Hummus with Peppered Cucumber Sticks

### Meal 3 (Lunch):

Wild Asian Salmon Teryaki Poke Bowl with Edamame, Red Cabbage, White Basmati Rice & Carrots Sprinkled With Herbs

### Meal 4 (Soup/Salad):

Egyptian Lentil Soup with Toasted Bread Cuts

### Meal 5 (Dinner):

Braised Beef Stroganoff with Celery & Chopped Tomatoes, Served With Steamed Basmati White Rice.

### Meal 6 (Desert):

Slice of Marbled Banana Bread