



# WEEK



**SULTAN**  
FITNESS

## Breakfast

- 2 boiled eggs
- 1 slice of whole grain toast
- 1 small avocado
- 1 cup of black coffee or green tea

## Mid-Morning Snack

- 1 medium-sized apple
- 1 small handful of almonds

## Lunch

- Grilled chicken breast (4-6 ounces)
- 1 cup of mixed vegetables (broccoli, carrots, cauliflower, etc.)
- 1/2 cup of brown rice or quinoa

## Afternoon Snack

- 1 small container of Greek yogurt
- 1 small handful of berries

## Dinner

- Baked salmon (4-6 ounces)
- 1 cup of mixed vegetables (spinach, asparagus, zucchini, etc.)
- 1/2 cup of sweet potato

## Evening Snack

- 1 small serving of air-popped popcorn

