



# WEEK



**SULTAN**  
FITNESS



## Breakfast:

- 1 cup of oatmeal cooked in water or almond milk
- 1 sliced banana or mixed berries
- 1 tablespoon of chia seeds

## Snack:

- 1 small apple or pear
- 1 oz. of almonds or walnuts

## Lunch:

- 2 slices of whole-grain bread
- 2 tablespoons of hummus
- 1/2 sliced cucumber
- 1 sliced tomato
- 1/4 sliced red onion

## Snack:

- 1 cup of baby carrots
- 2 tablespoons of hummus or tzatziki sauce

## Dinner:

- 1 cup of cooked quinoa
- 1/2 cup of cooked black beans or chickpeas
- 1/2 sliced avocado
- 1/2 cup of chopped cherry tomatoes
- 1/4 cup of chopped cilantro
- 1/4 cup of diced red onion
- 1 lime, juiced
- Salt and pepper to taste

## Snack (optional):

- 1 cup of mixed berries or grapes

## Notes:

- Drink at least 8 glasses of water per day
- Avoid sugary drinks, alcohol, and processed foods
- Cook with healthy oils like olive oil or coconut oil
- Add variety to your diet by trying different fruits, vegetables, grains, and legumes
- If you need to snack, opt for fresh fruits, vegetables, or nuts rather than processed snacks.