

DAYS	Break fast	Lunch	Supper	Activities
Monday	Egg, Kales, boiled maize, Apple	Mushroom, French beans, mango, boiled maize	Mushroom, French beans, mango, boiled maize	Morning run Sedentary in office Evening run
Tuesday	Beans, cabbage, Orange, Chicken stake	Egg, kales, boiled maize ,Apple	Egg, kales, boiled maize ,Apple	Working the whole day
Wednesday	Fillet, broccoli, rice, mango		Egg, kales, boiled maize ,Apple	Working the all day
Thursday	Egg, Kales, boiled maize, Apple	Egg, kales, boiled maize ,Apple	Egg, kales, boiled maize ,Apple	Morning run and evening run; walking the whole day
Friday	Fillet, broccoli, brown rice, avocado	Egg, kales, boiled maize ,Apple	Egg, kales, boiled maize ,Apple	Morning run Sedentary in office Evening run
Saturday	Mushroom, French beans, mango, boiled maize	Mushroom, French beans, mango, boiled maize	Egg, kales, boiled maize ,Apple	Sedentary whole day
Sunday	Egg, kales, boiled maize ,Apple	Egg, Kales, boiled maize, Apple	Egg, kales, boiled maize ,Apple	Morning run and evening run; walking the whole day