

WEEKEND HEALTHY MEAL PLAN by ARIELLA FITNESS

***Before you start this meal plan, take a moment to contemplate on this new challenge you are about to embark on. Consult your Physician before commencement of any lifestyle (diet or exercise) changes.**

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*****Disclaimer: Ariella Fitness will not be held liable for any health discomforts associated with embarking on this program. Please consult your physician before you embark on any LIFESTYLE MODIFICATION.**

This meal plan is a guide as to how to have a balance, having a fun weekend and not ruining your goals.

You can have any of the snack option if you feel hungry

	BREAKFAST	LUNCH	DINNER	SNACKS	ACTIVITY
FRIDAY	A cup of green tea + 2 slices of Toast and 2 boiled eggs	A bowl of Pawpaw or watermelon and 2 pieces of fish or chicken	Goat meat peppersoup or a plate of Nkwobi or half plate of isiewu and a bottle of beer or a glass of wine	Cucumbers, garden eggs, carrots	150 jumping jacks right in your bedroom
SATURDAY	Green Smoothie (Blend of banana, cucumber and any green)	Party Food. (Rice and Chicken) or (swallow and soup) and more chicken 😊	Fresh fish peppersoup and some watermelon	Cucumbers, carrots	Dance like you mean business at that Party!
SUNDAY	1 cup of oat porridge or pap with low fat milk	1 cup of Sunday rice with steamed vegetables	Vegetable salad with grilled fish or Chicken	Apples, garden eggs	REST for tomorrow

You can request a personalised meal plan that is tailored to your specific goals by sending a mail to drchinasa@ariellafitness.com.

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