

MEAL PLAN FOR WEIGHT LOSS

WEEK 1

Diet Prescription 1500 kcal

Carbohydrates	225 g
Protein	55 g
Fat	45 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>	Plain oatmeal (1 cup) Banana (1 pc) <input type="checkbox"/>
LUNCH	Chicken afritada Breast (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>	Chicken tinola w/ malunggay (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>	Adobong sitaw w/ chopped chicken breast (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>	Corned beef w/ potatoes boiled (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>	Pakbet (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>	Fish stew w/ malunggay (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>	Ginisang togue w/ tofu (1/2 cup) Plain white rice (1/2 cup) Fresh fruit juice (1 glass) <input type="checkbox"/>
AFTERNOON SNACK	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>	Whole wheat bread (1 pc) Greek yogurt (125 mL) <input type="checkbox"/>
DINNER	Tortang talong Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Spanish omelette (2 pcs eggs) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Miswa w/ patola (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Cajun tuna Ginisang repolyo & carrots Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang baguio beans & carrots (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Grilled salmon steak (1/2 pc) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Shrimp & vegetable teriyaki (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>



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MEAL PLAN FOR WEIGHT LOSS

WEEK 2

Diet Prescription 1500 kcal

Carbohydrates	225 g
Protein	55 g
Fat	45 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (medium-sized) Whole milk (1 cup) <input type="checkbox"/>
LUNCH	Creamy chicken w/ mushrooms Breast (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Ginataang tulingan w/ malunggay (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Buttered green beans, carrots, cauliflower w/ chopped chicken breast (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Sipo quail eggs w/shrimp (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Chopsuey w/ chicken heart (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Lumpiang sariwa (1 pc) Lumpiang hubad (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Sinabawang isda w/ talbos ng kamote (1/2 cup) Plain white rice (1/2 cup) Papaya (1 slice) <input type="checkbox"/>
AFTERNOON SNACK	Saging na saba (Small; 2 pcs) <input type="checkbox"/>	Saging na saba (Small; 2 pcs) <input type="checkbox"/>	Saging na saba (Small; 2 pcs) <input type="checkbox"/>	Saging na saba (Small; 2 pcs) <input type="checkbox"/>	Saging na saba (Small; 2 pcs) <input type="checkbox"/>	Saging na saba (Small; 2 pcs) <input type="checkbox"/>	Saging na saba (Small; 2 pcs) <input type="checkbox"/>
DINNER	Pork menudo w/ potatoes & carrots (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang pechay w/tuna (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Scrambled egg w/ sardines (1 pc; 1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Miswa w/ meatballs & patola (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang repolyo & carrots w/ chicken meat (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang sayote w/pork (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Pork nilaga w/ pechay & potatoes (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>



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MEAL PLAN FOR WEIGHT LOSS

WEEK 3

Diet Prescription 1500 kcal

Carbohydrates	225 g
Protein	55 g
Fat	45 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>	Thick lugaw (1 cup) Boiled egg (1 pc) <input type="checkbox"/>
LUNCH	Small fried tilapia (1 pc) Sliced fresh tomatoes Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>	Binagoongang talong w/ pork (1/2 cup) Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>	Paksiw na galunggong (1/2 cup) Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>	Chicken adobo (1/2 cup) Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>	Small daing na bangus (1 pc) Sliced fresh tomatoes Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>	Pork menudo w/ carrots, potatoes & green peas (1/2 cup) Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>	Itlog na maalat (1 pc) Ensaladang talong (1 pc) Plain white rice (1/2 cup) Banana (1 pc) <input type="checkbox"/>
AFTERNOON SNACK	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>	Chicken caesar salad w/ dressing (1 serving) <input type="checkbox"/>
DINNER	Ginisang ampalaya w/ scrambled egg (1/2 cup; 1 pc) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Fish fillet tausi (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Monggo w/ chicharon (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang pechay w/ pork giniling (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Adobong kangkong w/ tofu (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Fried chicken w/ buttered corn & carrots (1 pc; 1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Adobong atay ng manok (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>



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MEAL PLAN FOR WEIGHT LOSS

WEEK 4

Diet Prescription 1500 kcal

Carbohydrates	225 g
Protein	55 g
Fat	45 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Pandesal w/ spread (2 pcs) Whole milk (1 cup) <input type="checkbox"/>
LUNCH	Igado w/ carrots & green peas (1/2 cup) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>	Langka (1/2 cup) Lumpiang shanghai (1-2 pcs) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>	Beef broccoli (1/2 cup) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>	Adobong pusit (1/2 cup) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>	Chopsuey w/ chicken heart (1/2 cup) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>	Pork sinigang (1/2 cup) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>	Adobong sitaw w/ pork (1/2 cup) Plain white rice (1/2 cup) Ripe mango (1 slice) <input type="checkbox"/>
AFTERNOON SNACK	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>	Boiled egg (1 pc) Fruit juice (1 glass) <input type="checkbox"/>
DINNER	Sinigang na bangus (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Tinolang manok (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Sinabawang malunggay w/ mais (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Lumpiang ubod (1 pc) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang kalabasa & sitaw (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Pork bistek (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Chosuey (1/2 cup) Plain white rice (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>



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