



Sample of a one day menu (non individualized)



ONE DAY SAMPLE FOR A METABOLIC RATE OF 1600 CALORIES

Sample for a one-day menu (non individualized)

This menu is a sample menu for a body with a metabolic rate of 1600 calories and is only an example of what I give to my clients. The metabolic rate corresponds to the energetic demands of the body. Metabolism comprises the processes that the body needs to function. Basal metabolic rate is the amount of energy per unit time that a person needs to keep the body functioning at rest. The metabolic rate of every individual depends on several factors and is measured during the initial consultation.

One day menu sample for a basal metabolic rate of 1600 calories per day

Breakfast

- ☐ 2 scrambled eggs
- ☐ Half a cup of asparagus and half a cup of Brussels sprouts
- ☐ A quarter cup of Greek yogurt and one cup of blackberries, raspberries and blueberries
- ☐ One tablespoon of oil

AM snack

- ☐ 10 - 12 almonds

Lunch

- ☐ Varied salad with two cups of endives, tomatoes, cucumbers, peppers, avocado and half a cup of chick peas
- ☐ One portion of salmon crumbled on salad
- ☐ Two tablespoons of oil, balsamic vinegar and lemon juice for dressing

PM snack

- ☐ A quarter cup of hummus
- ☐ One cup of freshly chopped vegetables such as celery, cucumber, carrots, cauliflower and/or broccoli

Supper

- ☐ One large chicken breast
- ☐ One cup of brown rice
- ☐ One cup of steamed cauliflower and broccoli

Snack before bedtime

- ☐ An apple