Just Healthy low calorie and nutritious food ideas

9 am-Breakfast

Sandwich

 1 piece of bread

 2 slices of meat

 Cheese cream/mayo

 Or dressing with lettuce and tomatoes

1 cup of Green tea

Take multivitamins

1 pm-Lunch

 Cup of water

 Salad/leaves of lettuce

 Then you can eat whatsoever

3 pm-Snack

 Which you are going to prepare the day before

 Water

Snack bar

 Raisins

 Apple/banana/orange

5 pm-Dinner

 Cup of Water

Salad

Omelet

 Cheese

 Green tea

7 pm-Supper

 1 cup of any Soup/salad

 Hot Green tea w/lemon