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