

Filipino-Inspired Weekly Meal Plan (Final Clean Format)

Day	Breakfast (Oatmeal Style)	Lunch	Dinner
Monday	With banana slices + cinnamon	Pinakbet with grilled chicken breast + 1/2 cup red rice	Fish sinigang (bangus or tilapia, less salt), with steamed okra
Tuesday	With peanut butter + chia seeds	Chicken tinola (no skin, lean cuts, light salt) + brown rice	Tortang talong (grilled eggplant with egg) + side cucumber salad
Wednesday	With apple bits + unsweetened coconut milk	Mongo guisado with malunggay and kalabasa + 1/2 cup rice	Adobong sitaw with ground chicken or tofu
Thursday	With mango chunks (small amount) + flaxseed	Ginisang sayote with lean ground chicken + 1/2 cup rice	Chicken sopas (low fat milk, veggies, lean chicken)
Friday	With cocoa powder + stevia (like champorado)	Ginisang ampalaya with egg + sardines or tuna	Chicken afritada (use olive oil, lean cuts, lots of veggies)
Saturday	With strawberries (or local berries) + almond milk	Grilled liempo (small serving, trimmed fat) + ensaladang mangga	Sinigang na hipon (no MSG, light salt) with kangkong
Sunday	With grated carrots + a drizzle of honey	Chicken curry (coconut milk lite, lean chicken, lots of veggies)	Low-sodium chicken adobo (olive oil, remove skin) + cabbage stir-fry