**Danijela Framework V1**

**2x Meals Daily**

**Meal 1 Structure**

**Choose Protein:**  200 grams Cod/Chicken **OR** 150 Grams Salmon **OR** 200 grams Lentils **OR** 3eggs

**Choose Starch:**  100 grams sweet potato, black rice (*cooked)* or beets.

**Choose Vegetables:**  200 grams of cooked broccoli/zucchini/beans OR Kale/Arugula salad with bell pepper, onion, carrot etc ( *1 tbsp oil for dressing)*.

**Choose Fruit:**  1 cup berries OR 1 grapefruit OR 1 apple

**Meal 2 Structure**

**Choose Protein:**  200 grams Cod/Chicken **OR** 150 Grams Salmon **OR** 200 grams Lentils **OR** 3eggs

**Choose Starch:**  100 grams sweet potato, black rice (*cooked)* or beets.

**Choose Vegetables:**  Kale/Arugula salad with bell pepper, onion, carrot etc ( *1 tbsp oil for dressing)* with;

*½ avocado OR 30 grams almonds, walnuts, flaxseeds OR 25 grams cheese, any type*