



Diet Plan



Salad Plan

Ingredients: 1 cup of mixed greens, 1/2 cup of cherry tomatoes, 1/4 cup of cucumber, 1/4 cup of avocado, 1/4 cup of pomegranate seeds, 1/4 cup of almonds, 1/4 cup of feta cheese.

Recipe

1. Wash and chop the vegetables.
2. Combine all ingredients in a large bowl.
3. Toss with a dressing of olive oil and lemon juice.
4. Serve and enjoy!

HEALTHY

Normal weight



BMI		Weight in kg	Weight in lbs
Underweight			
18.5	Normal weight		
19.0	Overweight		
20.0	Obesity 1		
21.0	Obesity 2		
22.0	Obesity 3		
23.0			
24.0			
25.0			
26.0			
27.0			
28.0			
29.0			
30.0			

Functional Nutrition This Week California

R Bogdan



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