

ANG DIET Para Sa Puso Mo

PINOY HEART-HEALTHY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Brown Rice Tomato Omelette Tea	Whole wheat Tuna Sandwich Soy milk Banana	Oatmeal + Raisins Soy milk Mango	Brown Rice Fried Tilapia Melon	Whole wheat Pan de sal + Peanut butter + Tea
EXERCISE	WALKING		DANCING		JOGGING
LUNCH	Rice Chicken Tinola with lots of veggies	Rice Lean Pork Nilaga with lots of veggies	Rice Chopsuey	Brown rice Tofu and Broccoli in Oyster sauce	Brown rice Ginisang Togue Carrots+Baguio Beans
SNACK	Wheat bread Peanut butter Grapes	Boiled Kamote Peanuts	Almond nuts Watermelon	Banana- Soy milk shake	Low fat yogurt Cashew nuts Melon
DINNER	Brown rice Ginisang Munggo with Ampalaya	Pasta in Tomato Sauce Roast chicken	Rice Sinigang na Salmon Belly with lots of veggies	Rice Chicken Curry Carrots / Potato	Rice Paksiw na Bangus Talong / Okra

*DISCLAIMER

This meal plan is for general information only and is intended for healthy individuals and not to be used for medical nutrition therapy. If you have medical conditions and wish to have a diet plan that suits your specific needs, please consult a registered nutritionist/dietitian.

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Easy Guide To Healthy Pinoy Meals

RJ Shavelson



Easy Guide To Healthy Pinoy Meals:

Reviewing **Easy Guide To Healthy Pinoy Meals**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Easy Guide To Healthy Pinoy Meals**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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