

LOW CHOLESTEROL WEEKLY MEAL PLAN

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DAY	BREAKFAST	LUNCH	DINNER
Monday	Oatmeal & Sliced Banana	Chicken Breast Tinola	Chopsuey
Tuesday	Plain Rice, Poached Egg & Sardines in Tomato Sauce	Ginataang Sitaw at Kalabasa	Vegetable Kare-kare
Wednesday	Champorado & fried dilis	Sinigang na Hipon (Shrimp Sinigang)	Saucy Pancit Canton & Monay
Thursday	Scambled Eggs with Onion & Tomatoes with rice or pandesal	Talibobong Bangus	Beef Gyudon & Sauteed Bean Sprouts
Friday	Tinapang Bangus and Rice plus steamed okra salad	Chicken Curry	Bangus A la Pobre
Saturday	Toasted bread with tuna and avocado	Pasta Putanesca & Garlic Toast	Bangus A la Pobre + Lumpiang Hubad
Sunday	Spanish Style Bangus, Rice and Omelette	Steamed Pompano + Braised Tofu	Shrimp Aglio olio Pasta & Toast