

LITE  
MEAL PLAN



BREAKFAST

DAY 1



Japanese Pancakes

DAY 2



Scrambled Eggs  
with Potatoes

DAY 3



Cheddar Oregano  
Twist

DAY 4



Granola Parfait

DAY 5



Breakfast Quesadilla

LUNCH



Fish Fillet  
with Ratatouille



Grilled Chicken with  
Pink Pasta



Chinatown Quinoa  
Salad



Moroccan Vegetable  
Couscous



Chicken Bukhari