

DAY 1

Chicken Burger with  
Roasted Potato



Edamame



DAY 2

Beef Stroganoff



Soothing Carrot Ginger



DAY 3

Grilled Chicken  
with Potato Mash



Fattoush



DAY 4

Chicken Tawook Wrap



Muskhan Rolls



DAY 5

Pink Penne Pasta



Cajun Broccoli  
and Baby Carrots



LUNCH

SIDE