

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

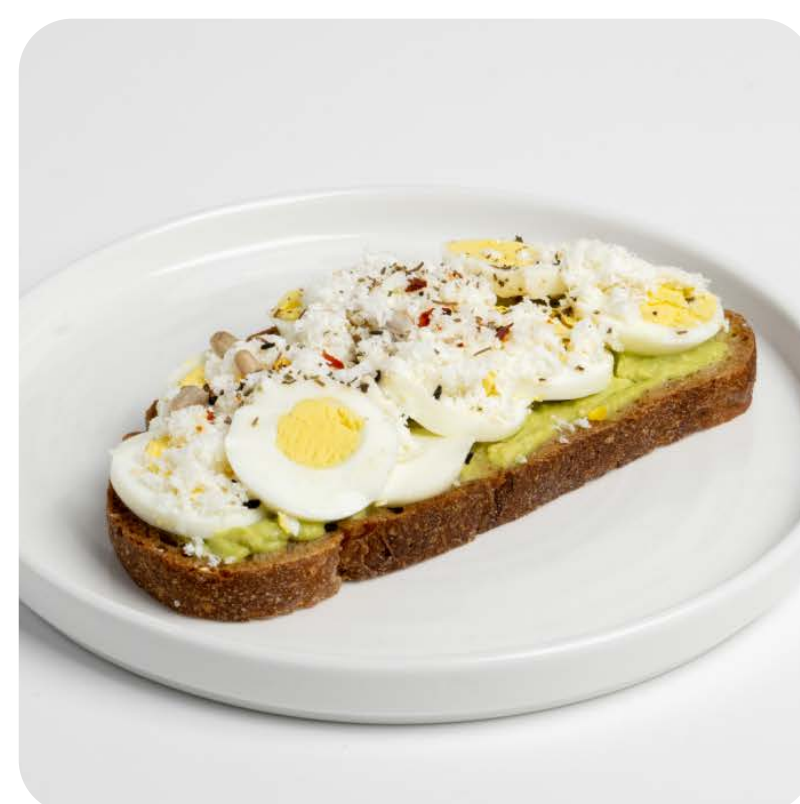
Egg White
Omelette Croissant



Lebanese Breakfast
with Halloumi Cheese



Halloumi, Avo 'N
Egg Super Toast



Japanese Pacakes with
Matcha and Pistachio



Peanut Butter
Parfait



LUNCH MEAL

Beef Kibbeh Bill
Sannieh



Chicken
Shawarma Platter



Whole Wheat
Spaghetti



Chicken Burger with
Roasted Sweet potato



Maple pecan Fish



DINNER MEAL

Hearty Harvest
Chicken Salad



Vegetable Lasagna



Cheese Steak Pizza



Chicken Fajita
Quesadillas



Shrimp Machboos



AFTERNOON
SNACK

Seasonal Fruit Salad



Raspberry Swirl
Cheesecake



English Chocolate
Pecan Cake



Trim Tiramisu



Falxseed Cracker

