

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Protein Pumpkin
Spiced Pancakes



Vegetable Egg
with Omelette



Superseeds Eggs



Not so Blue



Berry Booster



LUNCH MEAL

Chicken
Tawook Platter



Beef and Rice
Donburi



Balkan Beef
Kababs



Fish Kabsa



Chicken Paella

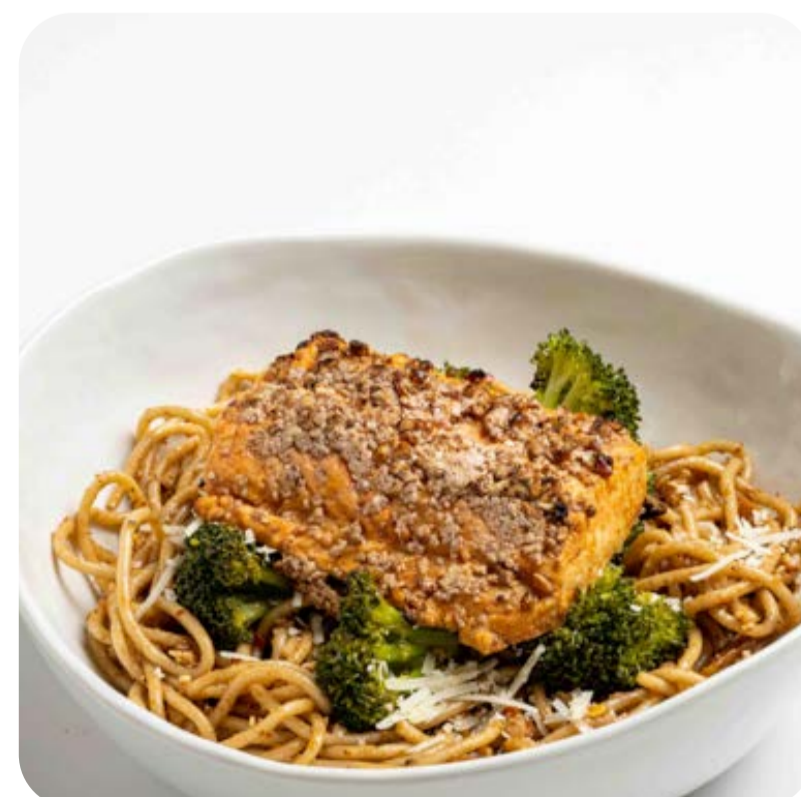


DINNER MEAL

Pad Thai Shrimps
with Tofu



Maple
Pecan Fish



Beef and Rice
Donburi



Pistachio and
Basil Chicken Ball



Cajun Beef Burger



DAY 1

Baba Ghanoush



Rocca and Zaatar



Mango and Pistachio Yoghurt



DAY 2

Cool Cucumber Salad



Roasted Cauliflower



Chia Crackers with Herby Green Hummus



DAY 3

Farmhouse Vegetable Soup



Oriental Salad



Chocolate Pumpkin Truffles



DAY 4

Soothing Carrot Ginger-Spiced Soup



Green Zucchini Muthabal



Cereal Milk



DAY 5

Broccoli Stir-Fry with Ginger & Sesame



Mouthabal Bathinjan



Citrus Curry Nuts with Chia Seeds



SIDE DISHES

AFTERNOON
SNACK