

BREAKFAST

DAY 1



Baked Asparagus Eggs

DAY 2



Peanut & Strawberry
Chia Bowl

DAY 3



Breakfast Quesadilla

DAY 4



Pumpkin Spice
Pancakes

DAY 5



Mushroom & Egg Toast

LUNCH



Sweet Chili Shrimp
Chopped Salad



Chicken Satay Bowl



Chicken Merguez
Carbonara



Honey Mustard
Chicken Salad



Burnt Onion
Shrimp Curry

AFTERNOON
SNACK



Halloumi Skewer
with Cherry Tomato



Citrus Curry Nuts
with Chia Seeds



Goopy
Chocolate Brownie



Mango and
Pistachio Yoghurt



Raffaello Bites

DINNER



Grilled Chicken Robert



Chicken Shawarma
Shaker



BBQ Chicken



Chicken Burrito Bowl



Tuscan Sausage
Fettuccini

SIDE DISH



Spinach Zaatar Salad



Farmhouse
Vegetable Soup



Loubieh bi Zeit



Fattoush



Broccoli & Parmesan
Soup