

BREAKFAST

MORNING
BEVERAGE

MORNING
FRUIT SNACK

LUNCH

DAY 1



Great Greek Breakfast

DAY 2



Cheese Omelette Croissant

DAY 3



Cheese & Zaatar Manakish

DAY 4



Pumpkin Spiced Pancakes

DAY 5



Overnight Oats



Low Fat Fruit of the Forest



Low Fat Milk



Low Fat Laban



Low Fat Apricot Yoghurt



Low Fat Strawberry Yoghurt



Anti-inflammatory Support



Green Grapes



Vitamin C Boost



Metabolism Booster



Antioxidant Booster



Crunchy Chili Beef



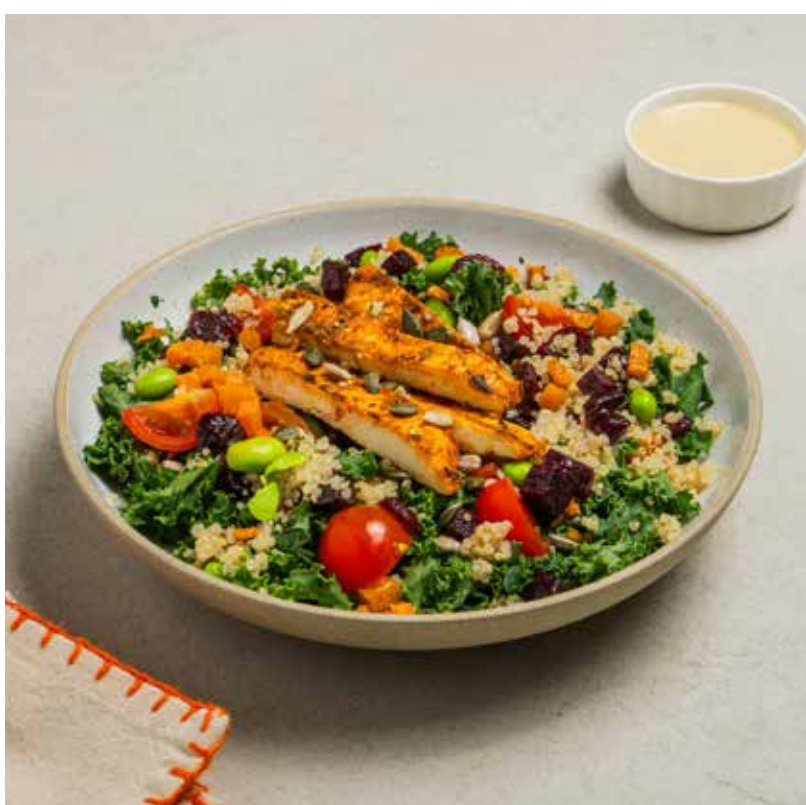
Fish Kabsa



Nashville Chicken Burger



Cheese Steak Pizza



Chicken Super Kale Salad

AFTERNOON
SNACK

DAY 1



Chocolate Eclairs

DAY 2



Vegan Peanut Butter Granola

DAY 3



Vegetable Crudités with Hummus Dip

DAY 4



Chocolate Pumpkin Truffles

DAY 5



Flaxseed Crackers with Zaatar Cream Cheese

DINNER



Lemon Oregano Chicken



Shish Barak



Royal Seafood Paella



Spaghetti Bolognese



Beef Gyro Bowl

SIDES



Mutabbal Bathinjan



Yalenji Vine Leaves



Chicken & Oats Soup



Spinich Zaatar Salad



Lentil Soup