

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Shakshouka



Chia Carrot



Sweet Potato
Spanish Omelette



Green Frittata



Croque Madame



LUNCH MEAL

Moroccan Meatball



Meat Fajita



Balkan Beef
Kababs



Roasted Fish



Grilled Fish



DINNER MEAL

Neptune's Gumbo



Marinated Fish



Grilled Moroccan Fish



Healing
Braised Chicken



Beef Kibbeh
Bil Sannieh



DAY 1

Cauliflower Tabbouleh



Farmhouse
Vegetable Soup



Pineapple and
Coconut Yoghurt



DAY 2

Grated
Halloumi Salad



Soothing Carrot
Ginger Spiced Soup



Chocolate Pumpkin
Truffles



DAY 3

Oriental Salad



Grilled Pumpkin
and Butternut Soup



Orange and
Cinnamon Yoghurt



DAY 4

Roasted Cauliflower



Blended
Vegetable Soup



Pistachio Cardamom



DAY 5

Rocca and
Zaatar Salad



Lentil Soup



Citrus Curry Nuts
with Chia Seeds



SIDE DISHES

AFTERNOON
SNACK