

BREAKFAST

MORNING
BEVERAGE

MORNING
FRUIT SNACK

LUNCH

DAY 1



Cheese Omelette
Croissant

DAY 2



Egg White
Cheese Sandwich

DAY 3



Great Greek Breakfast

DAY 4



Berry Good
Almond Butter

DAY 5



Cheese & Zaatar
Manakish



Low Fat Laban



Low Fat Milk



Low Fat Yogurt



Low Fat Milk



Low Fat Laban



Anti-inflammatory
Support



Green Grapes



Vitamin C Boost



Metabolism Booster



Antioxidant Booster



Fish Kabsa



Chicken Super
Kale Salad



Lemon Oregano
Chicken



Mexicali Chicken Salad



Crunchy Chili Beef

DIABETIC
MEAL PLAN

right
bite

AFTERNOON
SNACK

DAY 1



Flaxseed Crackers with
Zaatar Cream Cheese

DAY 2



Grapes & Halloumi
Cheese Skewers

DAY 3



Citrus Curry Nuts
with Chia Seeds

DAY 4



Halloumi Skewers
with Cherry Tomato

DAY 5



Vegetable Crudités
with Hummus Dip

DINNER



Royal Seafood Paella



Tuscan Sausage
Fettuccini



Fish Fillet
with Ratatouille



Spaghetti Bolognese



Chicken Bukhari

SIDES



Mutabbal Bathinjan



Yalenji Vine Leaves



Chicken & Oats Soup



Spinich Zaatar Salad



Fattoush