

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Whole Wheat
Zaatar Manakeesh



Egg Wrap



Green Frittata



Tuscan
Eggs Breakfast

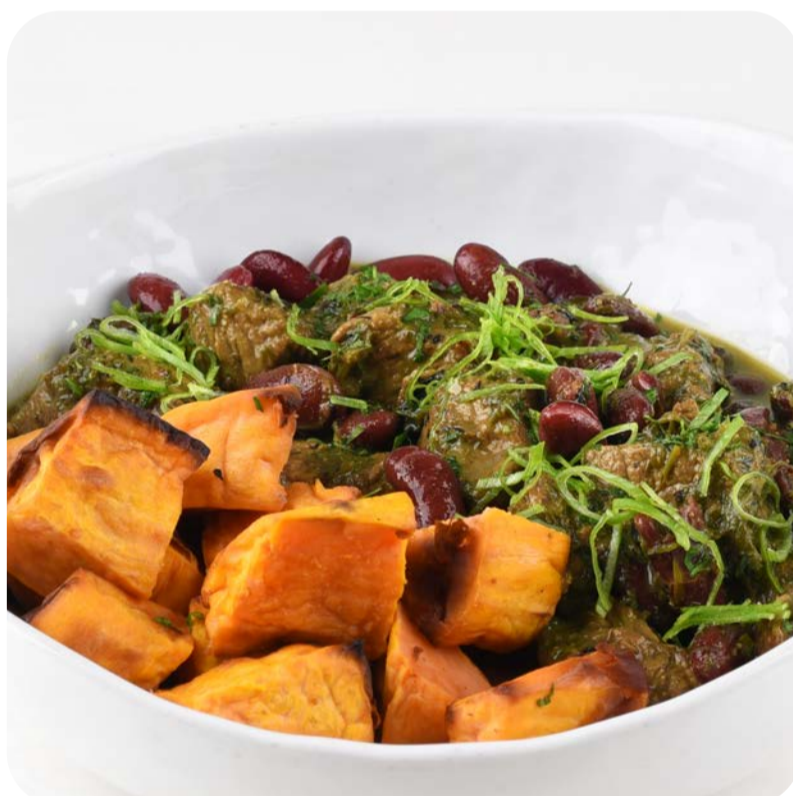


Zaatar and
Olive Roll



LUNCH MEAL

Beef Sabzi



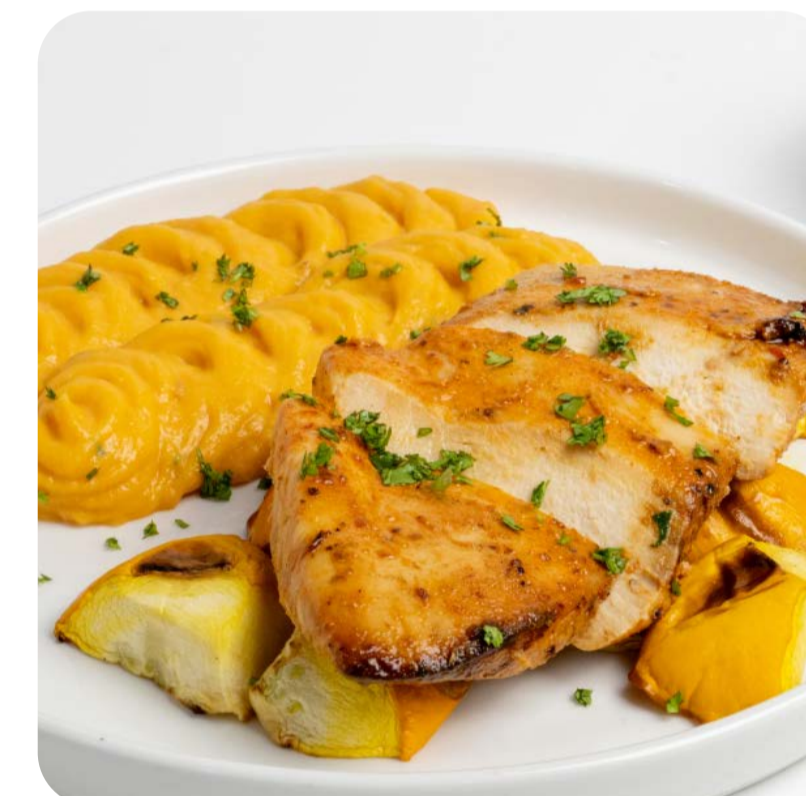
Kung Pao Chicken



Chicken Saleeg



Roasted Chipotle Chicken
with Sweet Potato Mash



Umami Beef



DINNER MEAL

Prawn Nasi Goreng



Fish and Oven
Roasted Potatoes



Baked Salmon



Roasted Fish



Burghul Bidfeen
with Chicken



DAY 1

Herby Mixed Beans
and Bell Pepper Salad



DAY 2

Green Zucchini Moutabal
with Pumpkin Seeds



DAY 3

Mixed Greens



DAY 4

Artichoke Salad



DAY 5

Moutabbal Bathinjan



Potato
and Carrot Soup



Prebiotic Garlic
Cauliflower Chowder



Very Green
Protein Soup



Gazpacho Soup



Lentil Soup



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Low Fat Laban



Low Fat Plain Yoghurt



Low Fat Milk



Low Fat Laban

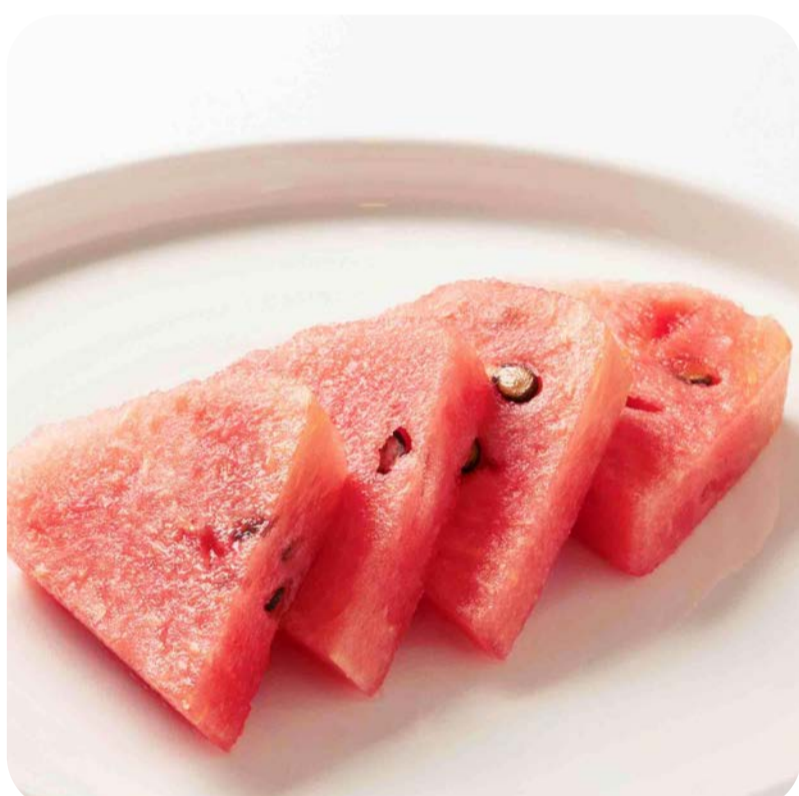


Low Fat Plain Yoghurt



MORNING
BEVERAGE

Watermelon Slices



Pineapple, Orange
and Grapefruit Salad



Grapes, Red



Grapefruit Slices



Sweet Melon Slices



MORNING
FRUIT SNACK

Grapes & Low-fat
Halloumi Cheese



Flaxseed Crackers with
Low Fat Cream Cheese



Dates Stuffed with
Chopped Walnut



Chia Crackers with
Herby Green Hummus



Choco-Banana with
Zaatar Cream Bread Bites



AFTERNOON
SNACK