

BREAKFAST
PRE/POST
WORKOUT SNACK
LUNCH

DAY 1



Peanut & Strawberry
Chia Bowl

DAY 2



Cheese
Omelette Croissant

DAY 3



The Great
Greek Breakfast

DAY 4



All Mexican
Breakfast Wrap

DAY 5



Avocado
Super Toast



Multi Seed Crackers
with Chicken Salad



Apple and Date
Protein Shake



Banana &
Chocolate Yoghurt



Magic Coco Mylk



Fruit, Match &
Cocoa Power Balls



Kung Pao Chicken



Grilled Chicken
Pink Sauce



Rosemary Fish



Kaafta and Batata



Chicken Francaise

AFTERNOON
SNACK

DINNER

SIDES

DAY 1



Spinach Tortilla Chips
with Chicken Salad

DAY 2



Pistachio & Cardamom
Power Balls

DAY 3



Carrot Sticks
with Hummus

DAY 4



Raspberry & Orange
Yoghurt

DAY 5



Chicken and
Zucchini Fatayer



Butter Chicken



Beef Lasagna



Meat Biryani



Truffle Chicken Pasta



Fish Fillet
with Ratatouille



Mutabbal Bathinjan



Harira Soup



Fattoush



Broccoli &
Parmesan Soup



Oriental Salad