

BREAKFAST

MORNING
BEVERAGE

MORNING
FRUIT SNACK

LUNCH

DAY 1



Great Greek Breakfast

DAY 2



Ejeh Omelette

DAY 3



Sfiha Breakfast

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



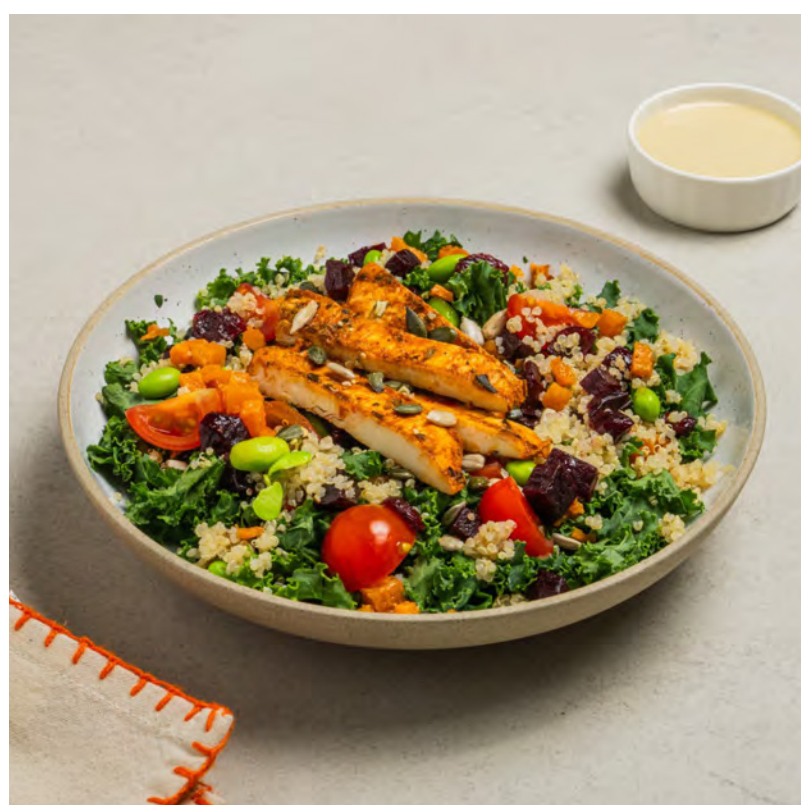
Chicken Burrito



Nashville Chicken Burger



Cheese Steak Pizza



Chicken Super Kale Salad

FUEL YOUR FITNESS THE RIGHT WAY

AFTERNOON
SNACK

DINNER

SIDES

DAY 1



New York
Banana Pudding

DAY 2



Vegan Peanut
Butter Granola

DAY 3



Vegetable Crudités
with Hummus Dip

DAY 4



Chocolate Pumpkin
Truffles

DAY 5



Chocolate
Brownie



Lemon Oregano
Chicken



Shish Barak



Royal Seafood Paella



Spaghetti Bolognese



Beef Gyro Bowl



Mutabbal Bathinjan



Yalenji Vine Leaves



Chicken & Oats Soup



Spinich Zaatar Salad



Lentil Soup

FUEL YOUR FITNESS THE RIGHT WAY