

BREAKFAST

DAY 1



Great Greek Breakfast

DAY 2



Ejeh Omelette

DAY 3



Sfiha Breakfast

DAY 4



Pumpkin Spiced Pancakes

DAY 5



Overnight Oats

MORNING BEVERAGE



Low Fat Fruit of the Forest



Low Fat Milk



Low Fat Laban



Low Fat Apricot Yoghurt



Low Fat Strawberry Yoghurt

MORNING FRUIT SNACK



Anti-inflammatory Support



Green Grapes



Vitamin C Boost



Metabolism Booster



Antioxidant Booster

LUNCH



Crunchy Chili Beef



Chicken Burrito



Nashville Chicken Burger



Cheese Steak Pizza



Chicken Super Kale Salad

FUELLING YOUR BEST WORKOUT

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

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