

BREAKFAST

DAY 1



Cheese Omelette  
Croissant

DAY 2



Wheat-free Waffle

DAY 3



Berry Good  
Almond Butter

DAY 4



Cheese & Zaatar  
Manakish

DAY 5



Egg White  
Cheese Sandwich

LUNCH



Lemon Oregano  
Chicken



Pulled Chicken Focaccia



Mexicali Chicken  
Salad



Fish Kabsa



Chicken  
Quesadilla

DINNER



Fish Fillet  
with Ratatouille



Chicken Bukhari



Chicken Tikka Biryani



Mexican Beef Pizza



Tuscan Sausage  
Fettuccini

AFTERNOON  
SNACK



Strawberry Tiramisu



Flaxseed Crackers with  
Zaatar Cream Cheese



Vegetable Crudités  
with Hummus Dip



Chocolate Eclairs



Antiinflammatory  
Support