

BREAKFAST

MORNING
BEVERAGE

MORNING
FRUIT SNACK

LUNCH

DAY 1



Cheese Omelette
Croissant

DAY 2



Wheat-Free Waffle

DAY 3



Great Greek Breakfast

DAY 4



Berry Good
Almond Butter

DAY 5



Cheese & Zaatar
Manakish



Low Fat
Apricot Yoghurt



Low Fat Milk



Low Fat
Strawberry Yoghurt



Low Fat Laban



Low Fat Fruit
of the Forest



Green Grapes



Anti-inflammatory
Support



Vitamin C Boost



Antioxidant Booster



Metabolism Booster



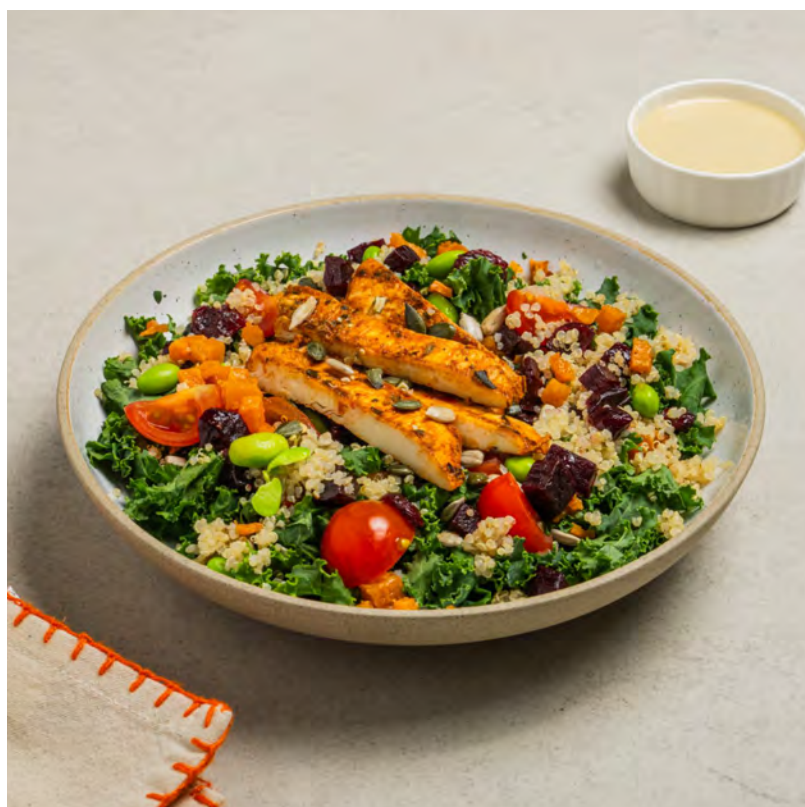
Lemon Oregano
Chicken



Nashville Chicken
Burger



Fish Kabsa



Chicken Super
Kale Salad



Chicken
Quesadilla

AFTERNOON
SNACK

DINNER

SIDES

DAY 1



Vegetable Crudités
with Hummus Dip

DAY 2



New York
Banana Pudding

DAY 3



Chocolate Eclairs

DAY 4



Flaxseed Crackers with
Zaatar Cream Cheese

DAY 5



Vegan Peanut
Butter Granola



Tuscan Sausage
Fettuccini



Royal Seafood Paella



Fish Fillet
with Ratatouille



Chicken Bukhari



Cheese Steak
Pizza



Fattoush



Broccoli and
Parmesan Soup



Loubieh bi Zeit



Spinich Zaatar Salad



Farmhouse Vegetable
Soup