

26 FEB - 03 MAR MENU PLAN

MONDAY

BREAKFAST

Avocado and Egg Toast

LUNCH

Chicken Burger

DINNER

Greek Salad

TUESDAY

BREAKFAST

Foul Medamas with
brown pita bread

LUNCH

Baked Chicken & Potato
With Steamed Rice

DINNER

Mexican Beef Wrap

WEDNESDAY

BREAKFAST

Grilled Halloumi Toast
Sandwich

LUNCH

Teriyaki Salmon With
Veg & Brown Rice

DINNER

Goat Cheese Chicken
Salad

THURSDAY

BREAKFAST

Scrambled Eggs With
Veggies

LUNCH

Chicken Stroganoff
With Mashed Potato

DINNER

Baked Fish Florentine

FRIDAY

BREAKFAST

Cheesy Omelette

LUNCH

Lemon Garlic Shrimp
Pasta

DINNER

Chicken Ceasar Salad

SUNDAY

BREAKFAST

Pancake And Fruits

LUNCH

Chicken Cashew Nuts And
Brown Rice

DINNER

Garden Salad

MEALS REPLACEMENT AVAILABLE DAILY

BREAKFAST

Omelette With Veggies

Scrambled Eggs
on Toast

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Vegetables

LUNCH

Kafta Platter
& wedge potato

Spaghetti Bolognese

Baked White Fish with
Steamed Veggies

DINNER

Honey Garlic Chicken
With Brown Rice

Chef Salad Bowl

Tuna Club Sandwich

04 FEB - 10 MAR MENU PLAN

MONDAY

BREAKFAST

Protein Pancake

LUNCH

Beef Burger

DINNER

Grilled chicken Wrap

TUESDAY

BREAKFAST

Granola Oats Peanut Butter and Fruits

LUNCH

Grilled Chicken & Steamed Vegetables

DINNER

Mushroom Steak Salad

WEDNESDAY

BREAKFAST

Peanut Butter Banana toasts

LUNCH

Chicken Alfredo

DINNER

Hawaiian Chicken Salad

THURSDAY

BREAKFAST

Vegetable Omelette

LUNCH

Ragu Beef Steak With Penne Pasta

DINNER

Composed Chicken Salad With Ranch Dressing

FRIDAY

BREAKFAST

Cheesy Omelette

LUNCH

Beef Stroganoff With Brown Rice

DINNER

Fish Couscous Bowl

SUNDAY

BREAKFAST

Markouk Bread Fetta Cheese & Vegetables

LUNCH

Honey Glazed salmon & Steamed Vegetables

DINNER

Fish Filet With Broccoli

MEALS REPLACEMENT AVAILABLE DAILY

BREAKFAST

Strawberry Croissant

French Egg Toast

Falafel Wrap

LUNCH

Mixed Grill With Wedge Potato

Chicken Shawarma Platter

Baked White Fish with Steamed Veggies

DINNER

Chicken Peri Peri Salad

Chef Salad Bowl

Tandouri Chicken With Mashed Potato