

Monday

Mexican Pesto Mushroom Sandwich
Buffalo Chicken With Mix Herb Rice
Cowboy Meat Pasta Bowl
Roasted Carrot Muffins
Fattoush Salad

Tuesday

Mix Vegetable Omlette
Grilled Mustard Fish With White Rice
Hawaiian Chicken Bowl
Mango Cheesecake
Strawberry Oats Yogurt

Wednesday

Chia Seeds Apple Pudding
Minced Beef Pola With Brown Rice
Healthy Chicken Quesadilla
Creamy Fruit Mix
Oats And Dates Protein Balls

Thursday

Beetroot Pancake
Pepper Cream Chicken With Broccoli
Crushed Pistachio Fish Cubes With Mashed Beetroot & Peas
Blueberry Brownie
Roasted Cinnamon Pumpkin Cuts

Friday

Chocolate Oatmeal
Creamy Butter Shrimps With Sumac Rice
Healthy Cordon Bleu
Arabic Salad
Banana Cake

Saturday

Scrambled Egg & Baked Hashbrowns
Beef Fajita With Mashed Potato
Mongolian Chicken With Boiled Veggies
Watermelon Feta Salad
Acai Protein Smoothie