



ENERGY
MEAL
PLANS

GLUTEN FREE - DAIRY FREE

(1300kcal - 1500kcal)

5th May - 11th May

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Spinach & onion omelette	Thai Shrimps rice noodles	Saffron rice with peri peri chicken	GF Chocolate Eclairs	Pom Rose (pomegranate,
TUESDAY	GF apple cinnamon crepes	Beef and broccoli stir fry with brown rice	Chicken mojito with quinoa	Rice paper spring rolls	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Scrambled eggs with GF bread	Chicken carbonara with GF -pasta	Lemon garlic fish with Quinoa & Suate bell peppers	Double chocolate almond muffin	Zesty Turmeric Twist (orange, lemon, turmeric, ginger)
THURSDAY	Tiramisu overnight oats	Chicken with tarragon sauce & brown rice	Ground turkey with quinoa	Sweet potato fries	Vitamin Boost (carrot, orange, apple, spinach, lemon)
FRIDAY	Scrambeled egg with spinach & DF cheese	Chicken cordon bleu with broccoli	Crusted sesame salmon with lentil salad	Peanut butter cup	Carrot Spice Zing (carrot, pineapple, ginger)
SATURDAY	GF dark chocolate waffles	Grilled chicken with white rice	Eggplant rolls with chicken	Zucchini fritters	Green Juice (kale, green apple, celery, lemon, mint)
SUNDAY	GF healthy sandwich	Honey glaze chicken with mix vegetables & sweet potato	Beef bourguignon with quinoa	Cashew bites	Pom Paradise (pomegranate, red apple, lemon)