



**CLASSIC  
WEIGHT LOSS PLAN  
(1300kcal - 1500kcal)**

16th - 22nd March

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
<b>MONDAY</b>	Banana bread pancake	Honey garlic shrimp with white rice	Chicken Armadillo with cauliflower mashed	Seed crackers	Pom Rose (pomegranate, rosemary, orange)
<b>TUESDAY</b>	Healthy start omellete with kale.	Honey Lime Chicken Skewers with Potato Wedge	Stir fry Beef Szechuan with Bulgur	Mini Sliders	Green Juice (kale, green apple, celery, lemon, mint)
<b>WEDNESDAY</b>	Green crepes	Creamy Garlic Lemon Fish with Brown Rice	Lemon pepper chicken with creamy Fussili Pasta	Tiramisu	Zesty Turmeric Twist (orange, lemon, turmeric, ginger)
<b>THURSDAY</b>	Healthy tuna sandwich with tomato&cucumber	Chicken Nasigoreng	Parmesan chicken strips with Quinoa	Pizza muffins	Vitamin Boost (carrot, orange, apple, spinach, lemon)
<b>FRIDAY</b>	Boiled eggs with hummus	Chicken chowmein noodles	Grilled Salmon with Lemon Butter sauce with Beetmash	Fruit parfait	Carrot Spice Zing (carrot, pineapple, ginger)
<b>SATURDAY</b>	Scrambled egg with bread and Salad	Chicken rolls up with Orzo	Mince Chicken Picadillo	Chocolate peanut butter yogurt bar	Green Juice (kale, green apple, celery, lemon, mint)
<b>SUNDAY</b>	Mocha overnight oats	Grilled Chicken teriyaki with Potato Wedges	Beef Bolognese Spaghetti	Chicken bread roll	Pom Paradise (pomegranate, red apple, lemon)