



ENERGY
MEAL
PLANS

DIABETES PLAN

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	SNACK
MONDAY	English Breakfast	Thai Shrimps zucchini noodles	Za'atar chicken with lentil & roasted veggies	Roasted almonds	Yogurt & strawberries
TUESDAY	Stuffed omelette	Cilantro Salmon with couscous	Quinoa risotto	Pineapple cubes with cinnamon	Veggies stick with olives tapenade
WEDNESDAY	DF- Berries protein chia pudding	White fish balls zucchini pasta	Chicken eggplant rollatini with veggies	Veggies sticks with olives	GF- Cranberries cookies
THURSDAY	Italian egg frittata	Turkey meatballs with cauliflower mashed	Chicken Broccoli Stir Fry	Mixed berries	Roasted nuts
FRIDAY	Banana protein Overnights oats	Grilled herbs salmon with red beans salad	Spinach stuffed chicken breast with grilled veggies	Cucumber & sesame	Orange slices
SATURDAY	Spinach scrambled eggs with veggies	Garlic Parmesan Fish Baked with broccoli rice	Crusted Sesame chicken with quinoa salad	Cashews	Protein balls
SUNDAY	GF- Green waffles with chocolate sauce	Roasted chicken- chickpeas bowl	Chicken zucchini rolls	Peach slices	Roasted nuts

