



**GLUTEN FREE - DAIRY FREE**  
(1300kcal - 1500kcal)

13th - 19th Oct

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	GF - Healthy chocolate crepes	Shrimp thai red curry with basil rice	Baked chicken with DF - creamy rissoto	Chocolate & peanut butter cups	Pom Rose (pomegranate, rosemary, orange)
TUESDAY	Healthy Egg Shakshuka	Lemon chicken with Quinoa	Healthy Beef stew with brown rice vegetables	Key lime bars	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Peanut butter oatmeal	Baked fish with lebanese corn salad	Chicken Za'atar with sweet potato	Strawberry Cake	Carrot Spice Zing (carrot, pineapple, ginger)
THURSDAY	GF - Turkey croissant	Grilled Chicken with Quinoa	Teriyaki chicken skewer with caesar salad	GF - Mini Burger	Energy boost (Pineapple, Cucumber, Ginger, Lemon)
FRIDAY	Raspberry chia pudding	Chicken with Lemon Rice	Korean salmon rice bowl with vegetables	Classic millionaire shortbread	Ice tea (Green tea, Apple, Cinnamon)
SATURDAY	Spinach scrambled eggs with GF - bread	Mince beef bowl with sweet potato mashed	Crusted Sesame chicken with quinoa stir fry	Rocky road bars	Pom Rose (pomegranate, rosemary, orange)
SUNDAY	GF - Healthy Vanilla waffle	Grilled Chicken with brown rice	Chicken Philadelphia with GF - Pasta and beetroot salad	Pistachio chocolate bars	Green Juice (kale, green apple, celery, lemon, mint)