



ENERGY  
MEAL  
PLANS

HIGH PROTEIN - LOW CARBS  
WELLNESS  
(1600kcal - 1800kcal)

20th-26th april

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	English Breakfast	Lose Shrimps with rice	Chicken margarita with mashed potato	Cheese Cake	Green shake (vegan protein, banana, spinach, strawberries)
TUESDAY	Healthy chicken club Sandwich	Beef hot garlic zucchini noodles	Chicken with Mexican corn salad	Blueberries muffins	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Red velvet waffles	Fish fingers with creamy orzo	Lemon oregano chicken with Pommes Anna	Energy sesame granola bar	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Corean omlette	Zucchini Parmesan Chicken balls with Lemon Pasta	Baked rosemary chicken with couscous	Choco chips cookies	Strawberry - beet (vegan protein, soya milk,
FRIDAY	Chocolate chia pudding	Herbs salmon with brown rice	Chicken cutlet with roasted sweet potato & green salad	Strawberries tart	Very Berries (vegan protein, soy milk, blueberries), Green shake (vegan protein, banana, spinach)
SATURDAY	Stuffed capsicum eggs	Moroccan Chicken with Tomato Coriander Bulgur	Hot & sour beef with mashed potato	Mini Sliders	Fragola Cream (vegan protein, soy milk, strawberries)
SUNDAY	Banana oats pancakes	Asian-style chicken noodles	Healthy chicken quinoa stir fry	Energy balls	