



ENERGY
MEAL
PLANS

MEDITERRANEAN

20th-26th april

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Apple cinnamon Crepes	Garlic Parmesan shrimps with zucchini noodles	Za'atar chicken with lentil & roasted veggies	Nuts & dates	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Mediterranean omelette with pita bread	Cilantro salmon with brown rice	Quinoa risotto	Blueberry tart	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Berries protein chia pudding	Sicilian style fish stew with couscous	Chicken eggplant rollatini with potatoes	Chocolate muffin	Citrus (strawberries, orange, lemon)
THURSDAY	Italian egg frittata	Turkey meatballs with sweet mashed potato	Stuffed portobello mushroom	Cranberries cookies	Iced Tea (apple, cinnamon)
FRIDAY	Tiramisu overnight oats	Grilled herbs salmon with roasted potato	Spinach stuffed chicken breast with white beans	Mango cheesecake	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Spinach scrambled eggs with veggies Green waffles with chocolate sauce	Garlic Parmesan Fish Baked with tapioca Citrus Rosemary Chicken couscous	Crusted Sesame chicken with quinoa salad	Protein balls	Sunset. (carrot, orange, apple)
SUNDAY			Chicken zucchini rolls	Roasted nuts	Lemon mint (lemon, mint)