

PESCATARIAN

(1300kcal - 1500kcal)

| | BREAKFAST | LUNCH | DINNER | SNACK | DRINKS |
|-----------|--|---|---|-------------------|--|
| MONDAY | Oats pancakes with peanut butter sauce | Lentil stew with rice | Shrimps with grilled vegetables & mashed potato | Chocolate cake | Red Scarlatta (beetroot, carrot, orange) |
| TUESDAY | Egg cheese muffins | Noodles with eggs | Grilled salmon corn- poke bowl | Fruit cup | Green Morning (green apple, mint, cucumber, spinach) |
| WEDNESDAY | Chicken and mushroom crepe | Oats Crusted fish with quinoa | Chickpea cous cous salad | Strawberries tart | Citrus (strawberries, orange, lemon) |
| THURSDAY | Vanilla waffles with peach sauce | Shrimps Paella | Nutrela Tikka masala with grilled potato | Granola bar | Iced Tea (apple, cinnamon) |
| FRIDAY | Healthy egg burrito | Salmon pesto pasta | Chickpeas tahini salad with sweet potatoes | Pistachio cake | Strawberry infused water (strawberries, basil, lime) |
| SATURDAY | French omelette with bread | Moroccan fish vegetable tagine & couscous | Mexican stuffed zucchini | Ginger cookies | Sunset. (carrot, orange, apple) |
| SUNDAY | Banana - nuts protein chia pudding | Creamy mushroom with brown rice | Tofu tikka masala with potato | Protein balls | Lemon mint (lemon, mint) |