



ENERGY
MEAL
PLANS

PESCATARIAN

22th-28th December

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimp with freekeh	Grilled portabello teriyaki with quinoa	Crispy potatoes	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Spanish tortilla	Paneer pomodoro with pasta	Herbs salmon with sweet potato & salad	Raspberry bars	Lemon mint (lemon, mint)
WEDNESDAY	Mocha overnight oats	Black bean fish with broccoli mashed potato	Grilled cheese eggplant with green salad	Seasoned cauliflower florets	Citrus (strawberries, orange, lemon)
THURSDAY	Egg burrito	Shrimps noodles	Falafel salad	Lemon tart	Iced Tea (apple, cinnamon)
FRIDAY	Mango chia pudding	Spanish red beans healthy rice	Pesto salmon with cous cous	Brownie	Cucumber mint infused water (mint, lemon, orange)
SATURDAY	Egg muffins with brown bread	Grilled fish with pasta	Vegetarian shawarma	Sliders	Sunset (carrot, orange, apple)
SUNDAY	Green crepes	Chickpeas curry with bulgur	Lentil stew with mashed potato	Fruit parfait	Lemon mint (lemon, mint)