



CLASSIC  
WEIGHT LOSS PLAN

(1300kcal - 1500kcal)

5th May - 11th May

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Spinach & onion feta cheese omelette	Thai Shrimps noodles	Saffron rice with peri peri chicken	Chocolate Eclairs	Pom Rose (pomegranate,
TUESDAY	Apple cinnamon Crepes	Beef and broccoli stir fry with brown rice	Chicken mojito with couscous	Rice paper spring rolls	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Scrambled eggs with brown bread	Chicken carbonara with fettuccine pasta	Lemon garlic fish with bulgur & Suate bell peppers	Double chocolate almond muffin	Zesty Turmeric Twist (orange, lemon, turmeric, ginger)
THURSDAY	Tiramisu overnight oats	Chicken with tarragon sauce & brown rice	Ground turkey with quinoa	Sweet potato fries	Vitamin Boost (carrot, orange, apple, spinach, lemon)
FRIDAY	Scrambeled egg with spinach & cheddar cheese	Chicken cordon bleu with broccoli	Crusted sesame salmon with tri color veg & bulgur	Peanut butter cup	Carrot Spice Zing (carrot, pineapple, ginger)
SATURDAY	Dark chocolate waffles	Grilled chicken with white rice	Chicken mozzarella with freekeh	Zucchini fritters	Green Juice (kale, green apple, celery, lemon, mint)
SUNDAY	Healthy sandwich	Honey glaze chicken with mix vegetables & sweet potato	Beef bourguignon with quinoa	Cashew bites	Pom Paradise (pomegranate, red apple, lemon)