



ENERGY  
MEAL  
PLANS

CLASSIC  
WELLNESS  
(1600kcal - 1900kcal)

29th Sept - 5th Oct

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate & pistachio crepes	Avocado Prawns Potato Salad	Chicken roll with rice	Cranberry almond bars	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Chicken Club Sandwich	Chicken lemon coriander with bulgur	Beef Meatballs with corn & Sweet potato	Triple chocolate chip Muffin	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Peanut butter & jam oatmeal	White fish balls spaghetti pasta	Za'atar chicken with sweet potato grilled	Biscoff tiramisu	Citrus (strawberries, orange, lemon)
THURSDAY	Chicken croissant	Buffalo chicken with quinoa	Chicken meatballs with Fattoush salad	Pinwheel sandwiches	Iced Tea (apple, cinnamon)
FRIDAY	Lemon raspberry chia pudding	Chicken mozzarella with pasta	Grilled salmon with butternut rice	Apple pie	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Spinach scrambled eggs with brown bread	Beef Rogan Josh with toasted bread	Crusted Sesame chicken with quinoa stir fry	Chocolate chip brownies	Sunset. (carrot, orange, apple)
SUNDAY	Red velvet waffles	Grilled Chicken with brown rice	Chicken Philadelphia with grilled corn and green salad	Smashed potatoes	Lemon mint (lemon, mint)