



ENERGY
MEAL
PLANS

29th Sept - 5th Oct

PESCATARIAN
(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate & pistachio crepes	Avocado Prawns Potato Salad	Panner tikka with potatoes	Cranberry almond bars	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Veg Club Sandwich	Mushroom risotto	Cilantro salmon with croquettes	Triple chocolate chip Muffin	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Peanut butter & jam oatmeal	White fish balls spaghetti pasta	Vegetables cutlets with sweet potato and green salad	Biscoff tiramisu	Citrus (strawberries, orange, lemon)
THURSDAY	Egg croissant	Grilled Shrimps with fried rice	Stuffed zucchini boats	Pinwheel sandwiches	Iced Tea (apple, cinnamon)
FRIDAY	Lemon raspberry chia pudding	Edamame pomodoro pasta	Grilled salmon with butternut rice	Apple pie	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Spinach scrambled eggs with brown bread	Garlic Parmesan Fish Baked with quinoa	Falafel wrap	Chocolate chip brownies	Sunset. (carrot, orange, apple)
SUNDAY	Red velvet waffles	Crusted Sesame tofu with brown rice	Stuffed zucchini boats	Smashed potatoes	Lemon mint (lemon, mint)