

13th - 19th Oct

PESCATARIAN
(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Healthy chocolate crepes	Shrimp Thai red curry with basil rice	Baked salmon with creamy risotto	Chocolate & peanut butter cups	Pom Rose (pomegranate, rosemary, orange)
TUESDAY	Healthy Egg Shakshuka	Lemon chickpea bowl with Spanish bulgur	Healthy fish stew with brown rice vegetables	Key lime bars	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Peanut butter oatmeal	Baked fish with Lebanese freekeh	Grilled shrimp with sweet potato & tahini	Strawberry cheesecake	Carrot Spice Zing (carrot, pineapple, ginger)
THURSDAY	Turkey croissant → Egg croissant	Grilled tuna with quinoa	Teriyaki salmon skewer with Caesar salad	Mini veggie burger	Energy boost (Pineapple, Cucumber, Ginger, Lemon)
FRIDAY	Raspberry chia pudding	Creamy lemon orzo with sautéed shrimp	Korean salmon rice bowl with vegetables	Classic millionaire shortbread	Ice tea (Green tea, Apple, Cinnamon)
SATURDAY	Spinach scrambled eggs with brown bread	Minced fish bowl with mashed sweet potato	Crusted sesame tuna with quinoa stir-fry	Rocky road bars	Pom Rose (pomegranate, rosemary, orange)
SUNDAY	Healthy vanilla waffle	Grilled fish with brown rice	Prawn & spinach pasta with beetroot salad	Pistachio chocolate bars	Green Juice (kale, green apple, celery, lemon, mint)