



ENERGY  
MEAL  
PLANS

**HIGH PROTEIN - LOW CARBS  
WEIGHT LOSS  
(1300kcal - 1500kcal)**

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
<b>MONDAY</b>	Chocolate banana overnight Oats	Tomato- basil shrimps pasta	Healthy chicken balls with potato	Healthy carrot cake	Summer Berry (raspberries, banana, soy milk)
<b>TUESDAY</b>	Egg Frittata	Chicken nasi goreng	Beef -Broccoli & Quinoa Bowl	Fruits cup	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
<b>WEDNESDAY</b>	Green crepes	Chicken rolls up with Fussili	Sesame fish with spinach couscous	Rice cake with - peanut butter	Tropical (mangoes, coconut, passion fruit, soy milk)
<b>THURSDAY</b>	Cheese omlette with grilled veggies	Peanut chicken noodles	Chicken Milanese with corn on the cob & salad	Strawberry cheese cake	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
<b>FRIDAY</b>	Protein overnight oats chia pudding	Chicken moussaka with brown rice	Salmon Ball with sweet potato wedges	Blueberries Swiss roll	Chocolate Shake (chocolate, soy milk)
<b>SATURDAY</b>	Mexican omelette	Mexican beef with mashed potato	Chicken Fajita with toasted bread	Roasted nuts	Summer Berry (raspberries, banana, soy milk)
<b>SUNDAY</b>	Banana peanut butter oats porridge	Dijon Mustard chicken with tapioca	Chicken & rice noodles	Protein balls	Mango Banana (mango, banana, soy milk)