

22th-28th December

DIABETES PLAN

(1300kcal - 1500kcal)

| | BREAKFAST | LUNCH | DINNER | SNACK |
|-----------|------------------------------|-------------------------------------|--|------------------------------|
| MONDAY | Blueberries pancakes | Shrimps with freekeh | Chicken teriyaki with roasted veggies | Flaxseed crackers |
| TUESDAY | Spanish tortilla | Chicken alfredo with pasta | Stir fry beef with sauteed veggies | Immunity booster balls |
| WEDNESDAY | Mocha overnight oats | Chicken moussaka with rice | Black bean fish with green salad | Seasoned cauliflower florets |
| THURSDAY | Egg burrito | Chineese style chicken noodles | Grilled chicken with lentil & green beans | Lemon tart |
| FRIDAY | Mango chia pudding | Chicken with russian salad | Pesto salmon with roasted veggies | Brownie |
| SATURDAY | Egg muffins with brown bread | Chicken spaghetti carbonara | Beef shawarma with brown flat bread | Sliders |
| SUNDAY | Green crepes | Lemon coriander chicken with bulgur | Chicken garlic herbs with beetroot mashed potato | Fruit parfait |