

# MEDITERRANEAN

20th-26th November

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Oats pancakes with peanut butter sauce	Garlic -olives chicken with brown rice	Shrimps with grilled vegetables mashed potato	Chocolate cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Egg muffins with olives	Spaghetti bolognese with chicken beef	Mediterranean chicken halloumi salad	Fruit cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Chicken and mushroom crepe	Oats Crusted fish with quinoa	Eggplant rolls with chicken	Strawberries tart	Citrus (strawberries, orange, lemon)
THURSDAY	DF- Vanilla waffles with peach sauce	Chicken Paella	Za'atar Roasted Chicken with potatoes	Granola bar	Iced Tea (apple, cinnamon)
FRIDAY	Egg roll	Salmon zucchini pasta	Tahini chicken with roasted sweet potatoes	Pistachio cake	Strawberry infused water (strawberries, basil, lime)
SATURDAY	French omelette with GF-bread	Garlic - basil baked fish with brown rice	Mediterranean stuffed chicken with garden salad	Ginger cookies	Sunset. (carrot, orange, apple)
SUNDAY	Almond chia pudding	Moroccan chicken -couscous	Greek chicken skewers with roasted potatoes	Protein balls	Lemon mint (lemon, mint)