



## CLASSIC WEIGHT LOSS PLAN

20th-26th November

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Oats pancakes with peanut butter sauce	Garlic tomato chicken with brown rice	Shrimps with grilled vegetables & mashed potato	Chocolate cake	Red Scarlatta <i>(beetroot, carrot, orange)</i>
TUESDAY	Egg cheese muffins	Spaghetti bolognese with beef	Healthy chicken - corn poke bowl	Fruit cup	Green Morning <i>(green apple, mint, cucumber, spinach)</i>
WEDNESDAY	Chicken and mushroom crepe	Oats Crusted fish with quinoa	Chicken nuggets with potato wedges	Strawberries tart	Citrus <i>(strawberries, orange, lemon)</i>
THURSDAY	Vanilla waffles with peach sauce	Chicken Paella	Lebanese freekeh with chicken	Granola bar	Iced Tea <i>(tea, apple, cinnamon)</i>
FRIDAY	Healthy egg burrito	Salmon pesto pasta	Tahini chicken with roasted sweet potatoes	Pistachio cake	Strawberry infused water <i>(strawberries, basil, lime)</i>
SATURDAY	French omelette with bread	Beef and broccoli stir fry with rice	Moroccan chicken -couscous	Ginger cookies	Sunset. <i>(carrot, orange, apple)</i>
SUNDAY	Banana - nuts protein chia pudding	Creamy chicken with orzo	Greek chicken skewers with roasted potatoes	Protein balls	Lemon mint <i>(lemon, mint)</i>