

MEDITERRANEAN

18th - 25th June

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimp Quiche	Mustard chicken salad with sweet corn	GF- Chocolate brownie	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Pesto egg sandwich	Grilled salmon with eggplant rollatini	Creamy chicken mushroom with bulgur	Zucchini chips with tzatziki sauce	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Vanilla chia pudding	Mediterranean baked fish with rice	Chicken Shish tawook with potatoes	Orange cake	Citrus (strawberries, orange, lemon)
THURSDAY	Egg spinach muffins	Greek chicken marinated with tomato couscous	Chicken with Mediterranean quinoa salad	Fresh Fruits cup	Iced Tea (apple, cinnamon)
FRIDAY	Mocha almond protein overnight oats	Chicken Provençal with rice	Lemon and dill grilled salmon with roasted sweet potatoes	Roasted nuts	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Low fat Cheese Omelette	Basil pesto pasta with white fish	Chicken with beetroot mashed potato	Protein chocolate granola bar	Sunset. (carrot, orange, apple)
SUNDAY	French Tartine	Lemon coriander chicken with bulgur	Triple beans salad	Cranberries oats cookies	Lemon mint (lemon, mint)