



ENERGY  
MEAL  
PLANS

## MEDITERRANEAN

22th-28th December

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Grilled shrimp with quinoa	Tuscan chicken with salad	Crispy potatoes	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Spanish tortilla	Herbs salmon with sweet potato & salad	Red beans burger with salad	Raspberry bars	Lemon mint (lemon, mint)
WEDNESDAY	Mocha overnight oats	Mediterranean baked fish with mashed potato	Chicken moussaka with cauliflower rice	Seasoned cauliflower florets	Citrus (strawberries, orange, lemon)
THURSDAY	Feta cheese omelette	Grilled chicken with lentil & green beans	Falafel & hummus salad	Lemon tart	Iced Tea (apple, cinnamon)
FRIDAY	Mango chia pudding	Grilled salmon with roasted veggies	Greek chicken salad	Brownie	Cucumber mint infused water (mint, lemon, orange)
SATURDAY	Mediterranean egg muffins	Chicken with tomato basil GF pasta	Stuffed portabello mushrooms	Sliders	Sunset (carrot, orange, apple)
SUNDAY	Green crepes	Garlic herbs chicken with green salad	Lentil salad	Fruit parfait	Lemon mint (lemon, mint)