



ENERGY
MEAL
PLANS

MEDITERRANEAN
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Tomato- basil shrimps pasta	Healthy chicken balls with potato	Fruits cup	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Egg Frittata	Grilled mustard salmon with eggplant parmigiana	Mediterranean quinoa feta salad	Chocolate cake	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Green crepes	Chicken rolls up with orzo	Sesame fish with spinach couscous	Strawberry cheesecake	Citrus (strawberries, orange, lemon)
THURSDAY	Cheese omlette with grilled veggies	Peanut chicken noodles	Greek Chicken with veggies	Roasted nuts	Iced Tea (apple, cinnamon)
FRIDAY	Protein overnight oats chia pudding	Chicken moussaka with brown rice	Herbs grilled salmon with sweet potato	Blueberries Swiss roll	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Mexican omelette	Mediterranean baked white fish with mashed potato	Stuffed portobello mushroom	Rice cake with - peanut butter	Sunset. (carrot, orange, apple)
SUNDAY	Banana peanut butter oats porridge	Dijon Mustard chicken with rice	Chickpeas salad	Mixed Fruits cup	Lemon mint (lemon, mint)