

MEDITERRANEAN

(1300kcal - 1500kcal)

23rd - 28th February

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Mediterranean omelette	Garlic Parmesan shrimps with pasta	Roasted Chicken with Fattoush salad	Blueberries muffins	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Berries protein chia pudding	Cilantro salmon with brown rice	Grilled Chicken and quinoa	Ginger cookies	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Almonds pancakes	Sicilian style fish with pasta	Za'atar chicken with sweet potato grilled	Cheesecake	Citrus (strawberries, orange, lemon)
THURSDAY	Chocolate & pistachio crepes	Turkey meatballs with mashed potato	Triple beans salad	Protein balls	Iced Tea (apple, cinnamon)
FRIDAY	Italian egg frittata	Chicken Pomodoro pasta	Grilled herbs salmon with Niçoise salad	Browine	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	GF- Green waffles with chocolate sauce	Garlic Parmesan Fish Baked with tapioca	Crusted Sesame chicken with quinoa salad	Fruit Parfait	Sunset. (carrot, orange, apple)
SUNDAY	Spinach scrambled eggs with veggies	Citrus Rosemary Chicken couscous	Stuffed zucchini boats	Nuts	Lemon mint (lemon, mint)