



ENERGY
MEAL
PLANS

CLASSIC
WEIGHT LOSS PLAN
(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	Healthy carrot cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Egg Frittata	Chicken nasi goreng	Beef -Broccoli & Quinoa Bowl	Fruits cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Green crepes	Chicken rolls up with Fussili	Sesame fish with spinach couscous	Rice cake with - peanut butter	Citrus (strawberries, orange, lemon)
THURSDAY	Cheese omlette with grilled veggies	Peanut chicken noodles	Chicken Milanese with corn on the cob & salad	Mini pizza	Iced Tea (apple, cinnamon)
FRIDAY	Protein overnight oats chia pudding	Chicken moussaka with brown rice	Salmon Ball with sweet potato wedges	Blueberries Swiss roll	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Mexican omelette	Mexican beef with mashed potato	Chicken Fajita with toasted bread	Roasted nuts	Sunset. (carrot, orange, apple)
SUNDAY	Banana peanut butter oats porridge	Dijon Mustard chicken with tapioca	Chicken & rice noodles Chicken carbonara with fettuccine pasta	Protein balls	Lemon mint (lemon, mint)