

**PESCATARIAN  
(1300kcal - 1500kcal)**

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
<b>MONDAY</b>	English Breakfast	Thai Shrimps noodles	Paneer tikka with potatoes	Cheese Cake	Red Scarlatta (beetroot, carrot, orange)
<b>TUESDAY</b>	Stuffed Omlette	Salmon lemon coriander with couscous	Quinoa risotto	Blueberries muffins	Green Morning (green apple, mint, cucumber, Citrus)
<b>WEDNESDAY</b>	Berries protein chia pudding	White fish balls spaghetti pasta	Vegetable cutlets with potato and green salad	Energy sesame granola bar	(strawberries, orange, lemon)
<b>THURSDAY</b>	Italian egg frittata	Grilled Shrimps with fried rice	Stuffed portobello mushroom	Mini Sliders	Iced Tea (apple, cinnamon)
<b>FRIDAY</b>	Tiramisu overnight oats	Thai edamame rice noodles	Grilled herbs salmon with corn on the cob	Strawberries tart	Watermelon Mint (watermelon, lemon, mint)
<b>SATURDAY</b>	Spinach scrambled eggs with brown bread	Garlic Parmesan Fish Baked with tapioca	Halloumi hot quinoa salad	Choco chips cookies	Sunset. (carrot, orange, apple)
<b>SUNDAY</b>	Green waffles with chocolate sauce	White kidney beans with rice	Stuffed zucchini boats	Energy balls	Lemon mint (lemon, mint)