



ENERGY  
MEAL  
PLANS

GLUTEN FREE - DAIRY FREE  
(1300kcal - 1500kcal)

8th- 14th Sept

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	GF- chicken sandwich	Sweet & sour shrimps with brown rice	Chicken skillet with grilled potatoes	GF- Healthy Pizza Bite	Carrot Spice Zing (carrot, pineapple, ginger)
TUESDAY	Scrambled eggs with white beans & veggies	Healthy Mongolian beef with rice noodles	Garlic Lime chicken tenders & Quinoa	GF- Red velvet muffin	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Lebanese Breakfast	Herbs Chicken DF- risotto	Baked Fish & Herb mash potato	GF - Peanut Butter Protein ball	Zesty Turmeric Twist (orange, lemon, turmeric, ginger)
THURSDAY	DF - Cheesy Omelette	Tuscan chicken GF- pasta	Chicken spinach with grilled sweet potato	GF - Healthy coconut brownies	Vitamin Boost (carrot, orange, apple, spinach, lemon)
FRIDAY	GF- waffles with Blueberry Sauce	Basil pesto quinoa with grilled Chicken	Salmon - corn Poke Bowl with rice	GF- cookies	Pom Rose (pomegranate, rosemary, orange)
SATURDAY	GF- Tuna sandwich	Chicken Arabiatta With Creamy GF - Pasta	Sesame chicken with roasted potatoes	DF- healthy mini donut	Green Juice (kale, green apple, celery, lemon, mint)
SUNDAY	Chocolate chia pudding	Herbs chicken with caesar salad	GF - Bread Chicken Shawarma & Salad	Energy Chocolate Cake	Pom Paradise (pomegranate, red apple, lemon)