



CLASSIC WELLNESS

20th-26th November

(1600kcal - 1900kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Oats pancakes with peanut butter sauce	Garlic tomato chicken with brown rice	Shrimps with grilled vegetables & mashed potato	Chocolate cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Egg cheese muffins	Spaghetti bolognese with beef	Healthy chicken - corn poke bowl	Fruit cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Chicken and mushroom crepe	Oats Crusted fish with quinoa	Chicken nuggets with potato wedges	Strawberries tart	Citrus (strawberries, orange, lemon)
THURSDAY	Vanilla waffles with peach sauce	Chicken Paella	Lebanese freekeh with chicken	Granola bar	Iced Tea (apple, cinnamon)
FRIDAY	Healthy egg burrito	Salmon pesto pasta	Tahini chicken with roasted sweet potatoes	Pistachio cake	Strawberry infused water (strawberries, basil, lime)
SATURDAY	French omelette with bread	Beef and broccoli stir fry with rice	Moroccan chicken -couscous	Ginger cookies	Sunset. (carrot, orange, apple)
SUNDAY	Banana - nuts protein chia pudding	Creamy chicken with orzo	Greek chicken skewers with roasted potatoes	Protein balls	Lemon mint (lemon, mint)