



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

6th - 12th April

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
<b>MONDAY</b>	Berries baked oatmeal	Healthy shrimp pasta	Falafel with green salad & bulgur	Pineapple cake	Summer Berry (raspberries, banana, soy milk)
<b>TUESDAY</b>	Sausages with eggs	Creamy Salmon & rice	Paneer Thai curry with mashed potato	Chicken sliders	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
<b>WEDNESDAY</b>	Healthy banana pancakes	Nutrela chili with noodles	Oven baked Fish & chips	Peanut butter Nuts Bar	Tropical (mangoes, coconut, passion fruit, soy milk)
<b>THURSDAY</b>	Egg Frittata	Kung pao shrimps noodles	Beet- quinoa kebab Vegetarian patties with grilled sweet potato & salad	Orange muffins	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
<b>FRIDAY</b>	Berries - almonds chia pudding	Creamy Lemon Garlic Salmon with rice		Berries granola bar	Chocolate Shake (chocolate, soy milk)
<b>SATURDAY</b>	Scottish potato scones with beans and egg	Fish piccata with rice	Grilled Tofu & corn salad	Chocolate oats brownie	Summer Berry (raspberries, banana, soy milk)
<b>SUNDAY</b>	Banana oats porridge	Edamame egg noodles	Jackfruit stew with mashed potatoes	Protein balls	Mango Banana (mango, banana, soy milk)