



## CLASSIC WEIGHT LOSS PLAN

18th - 25th June

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimp Quiche	Honey mustard chicken salad with sweet corn and salad	Chocolate brownie	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Pesto egg sandwich	Slow cooked beef with orzo	Creamy chicken mushroom with bulgur	Sesame protein balls	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Vanilla chia pudding	Fish hot & sour with rice	Chicken Shish tawook with potatoes	Orange cake	Citrus (strawberries, orange, lemon)
THURSDAY	Egg spinach muffins	Chinese style chicken noodles	Chicken quinoa stir fry	Fresh Fruits cup	Iced Tea (apple, cinnamon)
FRIDAY	Mocha almond protein overnight oats	Chicken Provençal with rice	Chimichurri Salmon with sweet potato wedges	Roasted nuts	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Low fat Cheese Omelette	Beef hot garlic noodles	Chicken with beetroot mashed potato	Protein chocolate granola bar	Sunset. (carrot, orange, apple)
SUNDAY	French Tartine	Mongolian chicken with brown rice	Lemon coriander chicken with couscous	Cranberries oats cookies	Lemon mint (lemon, mint)