



ENERGY
MEAL
PLANS

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

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Tomato - basil shrimps GF- pasta	Healthy chicken balls with potato	Fruits cup	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Egg Frittata	Chicken with "fried rice"	Beef -Broccoli & Quinoa Bowl	GF- Chocolate cake	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Green crepes	Chicken rolls up with brown rice	Sesame fish with Lentil	GF- cookies	Citrus (strawberries, orange, lemon)
THURSDAY	Cheese omlette with grilled veggies	Pomodoro chicken GF- pasta	Chicken Milanese with corn on the cob & salad	Roasted nuts	Iced Tea (tea, apple, cinnamon)
FRIDAY	Protein overnight oats chia pudding	Chicken moussaka with brown rice	BBQ grilled salmon with sweet potato wedges	GF- muffins	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Mexican omelette	Mexican beef with DF- mashed potato	Chicken Fajita with toasted GF- bread	Rice cake with - peanut butter	Sunset. (carrot, orange, apple)
SUNDAY	Banana peanut butter oats porridge	Dijon Mustard chicken with tapioca	Chicken & rice noodles	Protein balls	Lemon mint (lemon, mint)