



ENERGY
MEAL
PLANS

DIABETES PLAN
(1300kcal - 1500kcal)

| | BREAKFAST | LUNCH | DINNER | SNACK |
|-----------|-------------------------------------|------------------------------------|---|--------------------------------|
| MONDAY | Chocolate banana overnight Oats | Tomato- basil shrimps pasta | Healthy chicken balls with potato | Healthy carrot cake |
| TUESDAY | Egg Frittata | Chicken nasi goreng | Beef -Broccoli & Quinoa Bowl | Fruits cup |
| WEDNESDAY | Green crepes | Chicken rolls up with Fussili | Sesame fish with spinach couscous | Rice cake with - peanut butter |
| THURSDAY | Cheese omlette with grilled veggies | Peanut chicken noodles | Chicken Milanese with corn on the cob & salad | Strawberry cheese cake |
| FRIDAY | Protein overnight oats chia pudding | Chicken moussaka with brown rice | Salmon Ball with sweet potato wedges | Blueberries Swiss roll |
| SATURDAY | Mexican omelette | Mexican beef with mashed potato | Chicken Fajita with toasted bread | Roasted nuts |
| SUNDAY | Banana peanut butter oats porridge | Dijon Mustard chicken with tapioca | Chicken & rice noodles | Protein balls |