



ENERGY
MEAL
PLANS

PESCATARIAN
(1300kcal - 1500kcal)

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Tomato- basil shrimps pasta	Mushroom gravy with mashed potatoes	Fruits cup	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Egg Frittata	Grilled salmon with eggplant parmigiana	Edamame quinoa "fried rice"	Chocolate cake	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Green crepes	Falafel wrap	Sesame fish with spinach couscous	Strawberry cheesecake	Citrus (strawberries, orange, lemon)
THURSDAY	Cheese omlette with grilled veggies	Peanut butter tofu noodles	Shrimps poke bowl	Roasted nuts	Iced Tea (apple, cinnamon)
FRIDAY	Protein overnight oats chia pudding	Jackfruit biryani	BBQ grilled salmon with sweet potato wedges	Blueberries Swiss roll	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Mexican omelette	Mediterranean baked white fish with mashed potato	Stuffed portobello mushroom	Rice cake with - peanut butter	Sunset. (carrot, orange, apple)
SUNDAY	Banana peanut butter oats porridge	Chili tofu noodles	Chickpeas salad	Mixed Fruits cup	Lemon mint (lemon, mint)