



GLUTEN FREE - DAIRY FREE

18th - 25th June

(1300kcal - 1500kcal)

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