

Weekly Meal Plan Menu



Weekday	Breakfast	Snack 1	Lunch	Dinner	Snack 2
Sunday	Granola Bowl with Greek yogurt & Berries	Brownies	Grilled Chicken with Mash potatoes	Grilled Cilantro Shrimp with Roasted vegetables	Mix salad
Monday	Spinach & Musroom omelette	Chia pudding	Beef wrap with chunky potatos	Cauliflower rice with coconut tofu	Greek salad
Tuesday	Overnight Oatmeals with banana	Apple Slice	Meatballs Pasta with mix sauce	Roasted Fish with Quinoa and steam veg	Caesar salad
Wednesday	Avocado & Poched Egg on whole grain bread	Carrot Cake	Grilled Fish with saffron rice and mild spicy sauce on side	Chicken buffalo with peri peri sauce & Roasted Potato	Fruit salad
Thursday	Whole Grain pancake with berries	energy Balls	Beef Burger	Chicken steak with sweet potato mash	Nicosia salad
Friday	Scrambled Egg with baby spinach & Tomatoes	Mini halloumi Croissant	Chicken balls on pasta with mix Sauce	Burger Steak With potato latke, Mushroom sauce and sour Cream	Fattoush salad

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Sunday	Banana pancake	Naughty Quinoa	Cremy Red kidney Beans with white rice & Steam Broccoli	Grilled Chicken With asian quinoa	Kale Tabbouleh salad
Monday	Egg sandwich	Chia mango	Chicken masala with Mashed Potato	Beef kebab with grilled veg & baby spinach	Green Apple with mixed leaf
Tuesday	Halloumi Coissant	Mini Chicken burger	Meatballs with Saffron Rice	BBQ Fish withmix Steam veg	Quinoa salad
Wednesday	Scambled Egg with Avocado toast	Dragon balls	Shrimp Pasta	Stir fried Beef on cole slaw	kale Beet salad
Thursday	Choco Cepe with mix berries	Chocolate Cake	Chicken Steak with Brown rice	Panner Tikka with roasted broccoli with yogurt dressing & almond slice	Rocca salad
Friday	Egg Pie with Cucumber, carrot Stick baked beans	Mix nuts	Coconut Fish with Red Rice and mix peppers	Healthy Chicken Bowl	Everyday salad

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Sunday	Pumpkin pancake	Orange Cake	Beef Lasagna	Grilled Chicken salad	Mix Salad
Monday	Veggies Omelette	Avaocado & kale smoothie	Panner masala with Peas rice	Beef Wrap & potato wedges	Fattoush salad
Tuesday	Oatmeal with sliced almond and mix berries	Choco Balls	Coconut chicken balls with Red Rice	Crispy Fish with Roasted Veg	Caesar salad
Wednesday	Avocado toast with scrambled egg	Banana Cake	Shrimp Teriyaki with Mash potato	Murg malai Tikka with Grilled vegetables	Greek sald
Thursday	Parfait	Veggies taco	Fish Curry with white rice & peppers	BBQ Chicken with Grilled broccoli & sweet potato cubes	Kale Tabbouleh salad
Friday	Egg Wrap	Puff Rice with nuts toppings	Beef Steak with Brown rice & broccoli	Crispy peri peri shrimp with tabbouleh	Fruit salad

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Sunday	Sweet Potato pancake	Brownies	Beef burger/ Potato wedges	Grilled Chicken With Corn rice	Fruit salad
Monday	Omelette with spinach, Mushroom & feta cheese	Chia Mango	Chicken masala with White rice & grilled Veg	Grilled Fish with sweet mash potato	Mini halloumi Coissant
Tuesday	Coconut oatmeal with mix berries	Mini Beef burger	Meatballs with Saffron Rice	Chicken Tikka with Red Rice	Naughty Quinoa
Wednesday	Egg Coissant	Carrot Cake	Shrimp Risotto	Beef kebab with Brown rice	Mini Burger
Thursday	French toast with caramlized Apple	Mix Nuts	Burger Steak with white rice	Chicken buffalo with peri peri sauce & Roasted Potato	
Friday	Egg Benedict on mini Croissant	Naughty Quinoa	Chicken balls on pasta with mix Sauce	Beef Steak With potato latke, Mushroom sauce and sour Ceam	Mini Chicken Wrap