



CLASSIC DIET

	BREAKFAST	Lunch	Dinner	SNACK	DRINK
MONDAY	Protein Berry Crepe w/ Caramelized Apples & Chocolate Glaze	Baked White Fish in Tahini Sauce w/ Paprika Roasted Potatoes	Honey Mustard Chicken w/ Stir-Fried Rice & Vegetables	Chocolate Chip Cake	Beets, Carrots, Lemon, Apple
TUESDAY	Egg & Turkey Casserole	Chicken Satay w/ Quinoa Salad & Peanut Sauce	Spaghetti Bolognese w/ Parmesan on top	Marble Cake	Apple, Carrot & Orange
WEDNESDAY	Shredded Chicken, Cream Cheese & Thyme Baguette w/ Vegetables	Mixed Bean Stew w/ Vermicelli Rice	Seasoned Grilled Salmon w/ Paprika Thyme Sweet Potatoes & Creamy Spinach Sauce	Peanut Chocolate Chip Bites	Strawberry Kiwi Mint Infused Water
THURSDAY	Overnight Strawberry Oats w/ Crushed nuts	Moroccan Chicken Stew w/ Saffron Couscous	Mexican Beef Burger w/ Cheese Sauce & Vegetables	Protein Rice Pudding w/ Roasted Nuts	Orange, Carrot, Ginger, Lemon & Turmeric
FRIDAY	Scrambled Eggs w/ Sauteed Beans	Fish Sayadiyeh w/ Almond Flakes, Lebanese Rice, Parsley & Yogurt Dip	Chicken Fajita w/ Sweet Corn, Mixed Beans, Sour Cream Dip & Brown Tortilla Wrap	Oat Cookies w/ Chopped Almonds	Watermelon Juice
SATURDAY	Chocolate Protein Pancakes w/ Berry Coconut Glaze	Pink Shrimps w/ Rissoto	Peruvian Chicken w/ Mashed Potatoes & Creamy Green Dip	Chocolate Swiss Roll	Fresh Orange Juice
SUNDAY	Olive & Cheese Omelette Roll w/ Tomato Salsa Dip & Vegetables	Mushroom Sauce Steak w/ Roasted Potatoes Wedges	Tamarind KingFish Curry w/ Herb Rice	Chocolate Donuts	Mango Madness