



# GLUTEN & DAIRY FREE DIET

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Chocolate Protein Crepe w/ Chocolate Glaze & Mixed Nuts (GF/DF)	Moroccan Chicken w/ Roasted Potatoes & Cilantro Vinaigrette (GF/DF)	Corriander Lemon White Fish w/ Creamy Coconut Rice (GF/DF)	Chocolate Chip Cake (GF/DF)	Beets, Carrots, Lemon, Apple
TUESDAY	Seasoned Thyme Scrambled Eggs w/ Sauteed Mixed Beans (GF/DF)	Beef Bolognese w/ Brown Spaghetti (GF/DF)	Tabbouleh Quinoa Salad w/ Chicken Taouk and Balsamic Dressing (GF/DF)	Cinnamon Nut Cake (GF/DF)	Apple, Carrot & Ginger
WEDNESDAY	Savoury Egg Crepes w/ Tamarind Chutney	Zippy Shrimps w/ Mashed Potatoes (GF/DF)	Palak Tofu w/ Pilaf Rice (GF/DF)	Coconut Peanut Chocolate Chip Bites (GF/DF)	Strawberry Kiwi Mint Infused Water
THURSDAY	Strawberry Overnight Oats w/ Crushed Nuts (GF/DF)	Peruvian Fish w/ Tomato Rice & Herb Dip (GF/DF)	Creamy Chicken Potato Gratin (GF/DF)	Marble Cake (GF/DF)	Carrot, Ginger, Lemon & Turmeric
FRIDAY	Omlette Roll Stuffed w/ Spinach, Mushrooms & Cheese (GF/DF)	Buffalo Chicken Burger (GF/DF)	Meatball Stew w/ Vegetable Quinoa (GF/DF)	Raspeberry Cake (GF/DF)	Watermelon Juice
SATURDAY	Vanilla Chocolate Chip Pancakes w/ Berry Glaze (GF/DF)	Stuffed Chicken Fillets w/ Sweet Potato Wedges (GF/DF)	Grilled Herb Salmon Risotto (GF/DF)	Strawberry Cake (GF/DF)	Mixed Berry Smoothie
SUNDAY	Egg Frittata (GF/DF)	Asian Tilapia Fried Rice w/ Sesame (GF/DF)	Beef Roulade w/ Paprika Wedges Potato & Mushroom Sauce (GF/DF)	Chocolate Coated Dates w/ Stuffed Almonds	Apple, Ginger, Pineapple & Celery