



# Low Carb High Protein

	BREAKFAST	LUNCH	DINNER	SNACK	Savoury Snacks
MONDAY	Blueberry Cinnamon Apple Overnight Oats w/ Nuts	Chicken Zucchini Noodles Arrabiata	Garlic Fish w/ Roasted Potato & Creamy Mustard Sauce	Berries Greek Yogurt	Fattoush Salad
TUESDAY	Breakfast Yogurt Smoothie Bowl	Meditarian Beef Stew w/ Couscous	Chicken Fajita Bowl w/ Mexican sauce	Fruit & Nut Bowl	Veggie Sticks w/ Tangy Yogurt Dip
WEDNESDAY	Cheesy Mushroom Baked Omelette	Lemon Garlic Baked Shrimp w/ Roasted Sweet Potato & Lemon Garlic Sauce	Spanish Chicken Stew w/ Cauliflower Rice	Peanut Protein Bars	Broccoli Parmesan Soup
THURSDAY	Strawberry Chia Pudding w/ Peanut Butter	Chicken Burger w/ Thousand Island	Moroccan Baked Fish w/ Mashed Pumpkin	Granola Bar	Greek Salad Bowl
FRIDAY	Veggie Egg Scramble	Paprika Chicken w/ Corn & Mushroom Sauce	Korean Beef w/ Rice Bowl	Coconut Choco Bites	Pumpkin Soup
SATURDAY	Chocolate Crepe w/ Peanut Butter Glaze	Cajun Salmon Pasta	Asian Chicken Stir Fry Veggies	Chocolate Fruit Pudding	Rainbow Salad
SUNDAY	Chicken Cheesy Sandwich w/ Chipotle Mayo	Coriander Baked Fish w/ Roasted Veggies & Tartar Dip	Mangolian Beef w/ Quinoa	Chocolate Coated Dates w/ Almonds	Vegetable Soup