



Wellness Weekly Menu

1600-2000 kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Eggs & Potato Caserole	Tuscan Fish w/ Mixed Beans & Corn	Pomegranate Chicken & Quinoa Salad w/ Honey Balsamic Vinaigrette Dressing	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Blueberry Banana Chia Seed Pudding w/ Peanut Butter	Chicken Kabsa w/ Tomato Sauce	Spaghetti Meatballs w/ Cheese	Raspberry Muffin	Apple, Ginger, Lemon & Celery
Wednesday	Tropical Protein Overnight Oats w/ Nuts	Citrus Salmon w/ Baked Sweet Potatoes & Creamy Oregano-Thyme Sauce	Mexican Couscous w/ Eggs	Carrot Cake	Cucumber, Lemon, Apple
Thursday	Hummus w/ Carrot Cucumber Fingers & Toasted Bread	Green Thai Fish Curry w/ Coconut Rice	Grilled Chicken w/ Roasted Potatoes & Lemon-Mustard Sauce	Almond & Dark Chocolate Cake	Orange, Carrot & Ginger
Friday	Protein Crepe w/ Honey Apple Cinnamon Syrup	Mixed Bean w/ Saffron Rice & Yogurt Sauce	Spinach & Beef Stew w/ Mashed Potatoes	Red Velvet Muffin	Watermelon & Apple Juice
Saturday	Egg Rolls w/ Sweet Chilli Sauce	Shrimp Scampi Pasta w/ Veggies	Chicken Taco Bowl w/ Couscous, Corn & Avocado Salsa	Chocolate Peanut Butter Energy Balls	Orange, Lemon, Ginger & Mint
Sunday	Halloumi Veggie Sandwich	Lemon & Herb Kingfish w/ Roasted Potatoes & Tartare Sauce	Beef & Mixed Bean Zucchini Boats	Lemon Cookies	Pineapple, Apple, Lemon & Mint