



Wellness Weekly Menu

1600-2000 kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Cinnamon Overnight Oats w/ Banana & Walnut	Arabic Fish in Tomato Sauce w/ Saffron Rice & Raisins	Tajin Chicken & Cumin Carrot Salad w/ Quinoa & Mango Dressing on the Side	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Jian Bing	Beef Kofta Curry w/ Fluffy Rice & Yogurt Dip	Grilled Zaatar Chicken w/ Sweet Potato & Tahini Sauce	Lemon Blueberry Muffin	Green apple, Cucumber, Spinach, Celery, Ginger
Wednesday	Lime Pancake w/ Coconut & Honey Glaze	Paneer Vegetable Curry w/ Couscous & Toasted Cashew	Teriyaki Salmon w/ Brown Lentil Salad	Raisin Orange Cake	Cucumber, Lemon, Apple
Thursday	Pesto Egg Sandwich	Aromatic Grilled Fish w/ Potatoes & Spinach Dip	Chicken Fajita Plater w/ Mixed Bean, Corn & Tomato Salsa	Chocolate Chip Chocolate Cake	Carrot, Orange, Ginger, Lemon & Turmeric
Friday	Blueberry Chia Seed Pudding w/ Peanut Butter	Mongolian Beef Noodles w/ Sesame Seeds	Chickpea Stew w/ Fenugreek Rice	Apple & Berry Muffin	Watermelon & Apple Juice
Saturday	Greek Egg w/ Olive & Sun-Dried Tomato	Spanish-Style Shrimp Paella w/ Peas & Carrot	Pan Seared Mushroom Chicken w/ Mashed Potatoes	Carrot Cake	Orange, Carrot & Ginger
Sunday	Chocolate Crepe w/ Blueberry Glaze	Herb-Grilled Hamour w/ Roasted Potatoes & Mustard Sauce	Classic Beef Burger w/ BBQ Dip	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery