



# Gluten Free & Dairy free Weekly Men

Custom Calorie

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Egg Shakshuka w/ vegan cheese & GF bread	White Fish Katsu Curry w/ Mixed Veggies & Rice (DF)	Shepherd's Pie (DF)	Vegan Chocolate Brownie	Orange, Carrot & Ginger
<b>Tuesday</b>	Chocolate Protein Pancakes w/ Nuts & Honey (GF)	Cajun Salmon w/ mixed peppers and Green Beans	Southwest Chicken Bowl w/ green lentil salad	Vegan Vanilla Cake	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Wednesday</b>	Mixed Fruit Protein Chia Seed Pudding (DF)	Jerk Chicken w/ cabbage carrot salad & peanut sauce	Mixed Bean Stew w/ lemon rice & broccoli	Vegan Raspberry Cheesecake	Lemon & Mint
<b>Thursday</b>	Strawberry Vanilla Protein Overnight Oats (DF)	Caramelized Beef w/ Roasted Herb Potatoes & Broccoli	Grilled Chicken w/ green beans, mixed bean salad & Teriyaki Sauce	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Friday</b>	Spinach Omlette w/ Cheese and Bell Peppers (DF)	Tomato Paprika Fish w/ carrots & quinoa salad	Mexican Chicken Stew w/ rice	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Saturday</b>	Protein Waffles w/ peanut butter & honey (GF)	Garlic & Chilli Seabream w/ Mixed Vegetables & mash potato (DF)	Chicken & Mix Vegetable Skillet w/ GF Bread	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Sunday</b>	Cinnamon Pear Chia Seed Pudding with Almonds	Shrimp Fried Rice w/ Mixed Peppers & Green Beans	Taco Chicken Bowl w/ corn salsa & black eyed beans	Vegan Blueberry Muffin	Carrot, Apple, Ginger, Turmeric & Lemon

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