



Gluten & Dairy-Free Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Cinnamon Overnight Oats w/ Banana & Walnut (DF)	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 (GF/DF)	Beef Kofta Curry w/ Fluffy Rice & Tomato 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 (GF/DF)	Paneer Vegetable Curry w/ Quinoa & Toasted Cashew	Teriyaki Salmon w/ Brown Lentil Salad	Raisin Orange Cake	Cucumber, Lemon, Apple
Thursday	Pesto Egg Sandwich (GF/DF)	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 (DF)	Mongolian Beef Noodles w/ Sesame Seeds (GF)	Chickpea Stew w/ Fenugreek Rice	Apple & Berry Muffin	Watermelon & Apple Juice
Saturday	Egg Omelete w/ Olive & Sun-Dried Tomato	Spanish-Style Shrimp Paella w/ Peas & Carrot	Pan Seared Mushroom Chicken w/ Mashed Potatoes (DF)	Carrot Cake	Orange, Carrot & Ginger
Sunday	Chocolate Crepe w/ Blueberry Glaze (GF/DF)	Herb-Grilled Hamour w/ Roasted Potatoes & Mustard Sauce	Classic Beef Burger w/ BBQ Dip (GF/DF)	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery