



Gluten Free & Dairy free Weekly Menu

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Egg Shakshuka with Sauteed Veggies & GF Bread	White Fish Coconut stew with Veggies & Rice	Beef Buddha Bowl with Broccoli, Pumpkin & Sesame Sauce	Vegan Chocolate Brownie	Orange, Carrot & Ginger
Monday	Berry Protein Pancakes with Nuts & Honey	Honey Garlic Salmon with Mix Vegetables & Lemon Rice	Harissa Grilled Chicken with Chickpeas & Salsa	Hummus wiith Carrot	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
Tuesday	Mix Fruit Chia Seed Pudding (DF)	Mexican Grilled Chicken with Pasta Salad (GF)	Middle-Eastern Falafel Bowl	Vegan Raspberry Cheesecake	Lemon & Mint
Wednesday	Pomegranate Protein Overnight Oats (DF)	Carribbean Beef Stew with Carrots, Cauliflower & Rice	Barbeque Chicken with Quinoa & Baby Marrow	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
Thursday	Spanish Omlette with Bell Peppers, Mushrooms & Vegan Cheese	Pesto Fish with Mix Veggies & Roasted Basil Potatoes	Chicken Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa Salad	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
Friday	Vegan Protein Waffles with Peanut Butter	Pan-Seared Snapper with Mash Potato & Mix Vegetables (DF)	Pizza Stuffed Peppers (DF)	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Apple Protein Chia Seed Pudding (DF)	Tomato Garlic Shrimp with Schezuan Fried Rice	Chicken Piccata with Sweet Potatoes & Mixed Vegetables	Sweet Potato Chips with Peanut Sauce	Carrot, Apple, Ginger, Turmeric and Lemon

