



# Weight Loss Weekly Menu

1200kCal - 1600kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Egg, Vegetable & Cheese Sandwich	Supreme Fish with Rice, Mushrooms & Peppers	Beef Steak with Spinach & Corn	Chocolate Brownie	Orange, Carrot & Ginger
<b>Monday</b>	Nutty Protein Pancakes with Honey	Pan Seared Salmon with Tomato Salsa & Parsley Potatoes	Baked Caribbean Chicken with Couscous Salad & Broccoli	Vanilla Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Tuesday</b>	Mango & Pear Protein Chia Seed Pudding	Chicken & Chickpea Greek Salad	Middle-Eastern Falafel Bowl	Raspberry Cheesecake	Lemon & Mint
<b>Wednesday</b>	Berry Overnight Oats with Nuts	Caramelized Beef with Mashed Potatoes & Green Beans	Chicken Tarragon with Mix Vegetable Rice	Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Thursday</b>	Mushroom, Spinach & Bell Pepper Omlette with Cheese	Honey Soy-Glazed Fish with Spaghetti & Vegetables	Smoky chicken with Quinoa & Baby Marrow	Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Friday</b>	Pomogranate Protein Granola Bowl	Chilli Lemon Pomfret with Roast Potatoes & Broccoli	Chicken parmesan Stuffed Zucchini Boats	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Saturday</b>	Almond Protein Chia Seed with Mix Fruits	Cajun Shrimp with Beetroot Salad	Chicken Guacamole Wholewheat Wrap	Blueberry Muffin	Carrot, Apple, Ginger, Turmeric and Lemon