



Weight Loss Weekly Menu

1200kCal - 1600kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Mushroom, Bell Pepper & Spinach Omlette with Cheese	White Fish Katsu Curry with Mixed Veggies & Rice	Beef Taco Bowl	Chocolate Brownie	Orange, Carrot & Ginger
Monday	Nutty Banana Protein Pancakes with Nuts	Pan Fried Salmon with Parsley Potatoes in Lemon Garlic Sauce	Chipotle Chicken with Lemon Rice & Grilled Baby Marrow	Vanilla Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
Tuesday	Scrambled Eggs with Sauteed Veggies	Grilled Chicken with Biryani Rice & Mix Vegetables	Middle-Eastern Falafel Couscous Bowl	Raspberry Cheesecake	Lemon & Mint
Wednesday	Chocolate Protein Overnight Oats with Nuts	Caramelized Beef with Mashed Potatoes & Broccoli	Caribbean Grilled Chicken with Mixed Vegetable & Quinoa Salad	Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
Thursday	Egg & Vegetable Pizza	Fish Cacciatore with Rice & Mixed Vegetables	Mushroom Chicken Skillet with Brown Spaghetti	Red Velvet Cake	Pineapple, Apple, Lemon & Mint
Friday	Mixed Berry Protein Granola Bowl	Herb Crusted Kingfish with Roast Potatoes & Peas	Beetroot Chicken Pasta Salad	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Mango Protein Chia Seed Pudding	Shrimp Caprese Quinoa Bake	Citrus Chicken Salad	Blueberry Muffin	Carrot, Apple, Ginger, Turmeric and Lemon