



Wellness Weekly Menu

1600kCal - 2000kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Egg, Vegetable & Cheese Sandwich	Supreme Fish with Rice, Mushrooms & Peppers	Beef Steak with Spinach & Corn	Chocolate Brownie	Orange, Carrot & Ginger
Monday	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
Tuesday	Mango & Pear Protein Chia Seed Pudding	Chicken & Chickpea Greek Salad	Middle-Eastern Falafel Bowl	Raspberry Cheesecake	Lemon & Mint
Wednesday	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
Thursday	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
Friday	Pomogranate Protein Granola Bowl	Chilli Lemon Pomfret with Roast Potatoes & Broccoli	Chicken parmesan Stuffed Zucchini Boats	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Almond Protein Chia Seed with Mix Fruits	Cajun Shrimp with Beetroot Salad	Chicken Guacamole Wholewheat Wrap	Blueberry Muffin	Carrot, Apple, Ginger, Turmeric & Lemon