



Wellness Weekly Menu

1600kCal - 2000kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Egg Shakshuka with Sauteed Veggies & Bread	White Fish Coconut stew with Veggies & Rice	Beef Buddha Bowl with Broccoli, Pumpkin & Sesame Sauce	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 with Carrot	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
Tuesday	Mix Fruit Chia Seed Pudding	Mexican Grilled Chicken with Pasta Salad	Middle-Eastern Falafel Bowl	Raspberry Cheesecake	Lemon & Mint
Wednesday	Pomegranate Protein Overnight Oats	Caribbean Beef Stew with Carrots, Cauliflower & Rice	Barbeque chicken with Couscous & Baby Marrow	Fruit Salad with Yogurt	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
Thursday	Spanish Omlette with Bell Peppers, Mushrooms & Cheese	Pesto Fish with Mix Veggies & Roasted Basil Potatoes	Chicken Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa Salad	Watermelon Slices	Pineapple, Apple, Lemon & Mint
Friday	Fruit & Yogurt Parfait with Nuts	Pan-Seared Snapper with Mash Potato & Mix Vegetables	Pizza Stuffed Peppers	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Apple Protein Chia Seed Pudding	Tomato Garlic Shrimp with Schezuan Fried Rice	Chicken Piccata with 4Sweet Potatoes & Mixed Vegetables	Sweet Potato Chips with Tzatziki Sauce	Carrot, Apple, Ginger, Turmeric & Lemon