

ESSENTIALS MEAL PLAN

right
bite

BREAKFAST

DAY 1



Japanese Pancakes

DAY 2



Scrambled Eggs with Potatoes

DAY 3



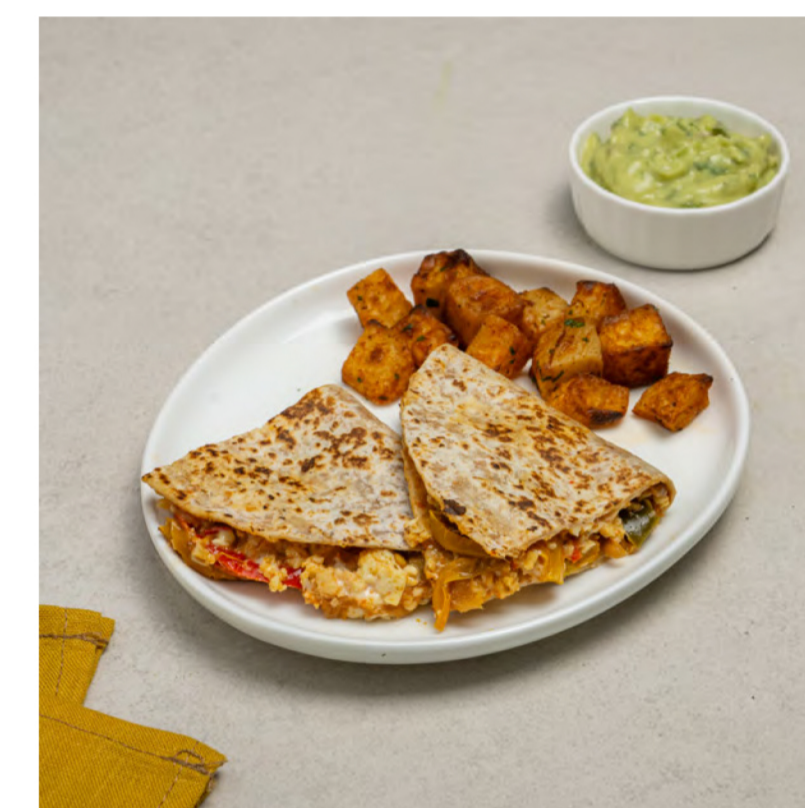
Cheddar Oregano Twist

DAY 4



Granola Parfait

DAY 5



Breakfast Quesadilla

LUNCH



Fish Fillet with Ratatouille



Grilled Chicken with Pink Pasta



Chinatown Quinoa Salad



Moroccan Vegetable Couscous



Chicken Bukhari

LUNCH



Grilled Mexican Chicken with Fettuchini Pasta



Guilt Free Butter Chicken



Fish with Basil Orzo



Lemon Marinated Fish with Penne Pasta



Chicken Nicoise Salad