## LITE MEAL PLAN



DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 Breakfast Quesadilla Cheddar Oregano Twist Granola Parfait Scrambled Eggs with Potatoes Japanese Pancakes Moroccan Vegetable Couscous Chinatown Quinoa Salad Chicken Bukhari Grilled Chicken with Fish Fillet with Ratatouille Pink Pasta