

CONVENIENCE
MEAL PLAN

right
bite

MAINS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Croque Madame



Oregano Sage
Chaddar Bread



Pistachio
and Rose Parfait



Nutty Banana
Pancakes



Zaatar and
Olive Roll



LUNCH MEAL

Sun-dried Tomato
Chicken And Gnocchi



Beef Meatballs



Chicken
Shawarma Platter



Meatballs
and Succotash



Whole Wheat Fusilli
Pasta Curry Salad



DINNER MEAL

Lahm Bi Ajeen



Chicken and
Coriander Noodles



Smokin Taco Bowl



Peri-Peri
Chicken Salad



Fish Machboos



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Cesar Salad



Green Zucchini Moutabal
with Pumpkin Seeds



Mixed Greens



Artichoke Salad



Moutabal Bathinjan



Potato and
Carrot Soup



Prebiotic Garlic
Cauliflower Chowder



Very Green
Protein Soup



Gazpacho Soup



Lentil Soup



SIDE DISHES

CONVENIENCE
MEAL PLAN



SNACKS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

MORNING
BEVERAGE

Low Fat
Apricot Yoghurt



Low Fat Fruits of
The Forest Yoghurt



Low Fat Laban



Low Fat
Plain Yoghurt

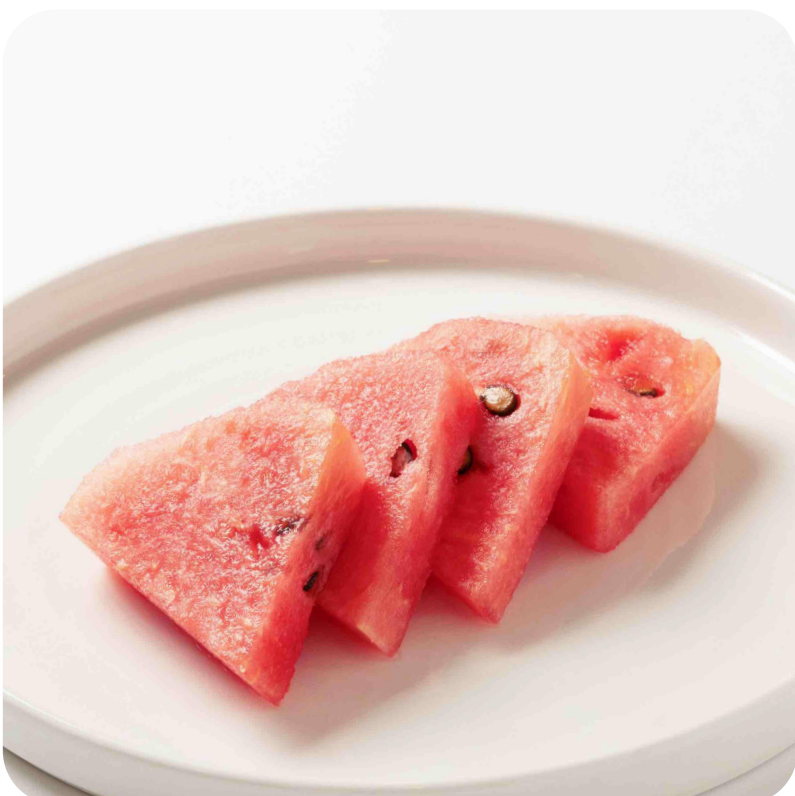


Low Fat Fruits of
The Forest Yoghurt



MORNING
FRUIT SNACK

Watermelon Slices



Apple Green



Grapes, Red



Grapefruit Slices



Sweet Melon Slices



AFTERNOON
SNACK

Truffle Brownies



Flaxseed Crackers



English Chocolate
Pecan Cake



Whole Meal Cinnamon
Pecan Roll



Zaatar Quinoa
Crackers

