

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Scrambled Eggs



Chia Breakfast Bowl



Cheddar and  
Jalapeno Omelette



Chia Carrot



Halloumi Power  
Breakfast Wrap



LUNCH MEAL

Chicken Milanese



Muhammara  
Grilled Fish



Thai-Spiced  
Shrimps



So Thai Chicken  
Rice Bowl



Chicken  
Tikka Masala



DINNER MEAL

Shrimp Machboos



Chicken Parmigiana  
with Vegetables



Freekeh with Chicken



New York Steak



Pan Seared Dory



DAY 1

Beetroot Salad  
with Lemon Dressing



DAY 2

Moroccan Zaalouk



DAY 3

Rocca and  
Zaatar Salad



DAY 4

Raw Vegetable Salad



DAY 5

Mixed Greens, Feta



SIDE DISHES

Roasted Tomato Soup



Mushroom Soup



Artichoke and  
Potato Soup



Lentil Soup



Pumpkin Soup



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

AFTERNOON  
SNACK

Date, Coconut Goji  
Berry and Protein Balls



Spinach Tortilla Chips  
with Chicken Salad



Spicy Sujuk  
Empanadas



Mini Halloumi-Pesto  
in Whole-Wheat Bagel



Pistachio and  
Cardamom Power Balls



PRE/POST  
WORKOUT SNACK

Protein Beetroot  
and Acai Booster



Whole Wheat Tortilla  
with Edamame Hummus



Coconut  
Cantaloupe Yoghurt



Matcha with Banana  
and Strawberry Booster



Mango and  
Pistachio Yoghurt

