

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Pineapple Smoothie



Protein Packed
Bread Pudding



Superseeds Eggs



Mexican Mayan
Breakfast



Berry Booster



LUNCH MEAL

Chicken
Tawook Platter



Chicken Al Pastor
with Farro Grains



Tamarind
Steamed Fish



Pistachio and Basil
Chicken Ball



Cajun Beef Burger



DINNER MEAL

Sesame Shrip
Noodle Salad



Beef and
Rice Donburi



Waldorf Chicken



Beef Pot Roast



Chicken Paella



DAY 1

Fattoush



Right Bite's Beta
Tom Youm Soup



DAY 2

Turkish Kisir Salad



Leek and
Butterbean Soup



DAY 3

Sicilian Eggplant
Caponata with Basil



Farmhouse
Vegetable Soup



DAY 4

Loubieh bi Zeit



Soothing Carrot
Ginger-Spiced Soup



DAY 5

Greek Salad



Roasted
Tomato Soup



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Spinach and
Tortilla Chips

Mini Halloumi-Pesto
in Whole-Wheat Bagel

Fruit, Matcha
and Cocoa Power Balls

Fatayer with Cheese

Fruit, Matcha
and Cocoa Power Balls



Coco Banana
Nut Booster

Carrot Sticks with
Carrot Hummus

Spicy Sujuk
Empanadas

Metabolic Green
Lime Booster

Mini Halloumi-Pesto
in Whole-Wheat Bagel



AFTERNOON
SNACK

PRE/POST
WORKOUT SNACK