

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Appie Pie Chia Pot



Berry Quinoa Bowl



Chili Avocado with
Scrambled Tofu



Avocado and
Mix Seeds Wrap



Idli Rice Cakes



LUNCH MEAL

Balkan Beef Kababs



Maple Pecan Fish



Waldorf
Chicken Salad



Pistachio and
Basil Chicken Ball



Baked Herbed
Fish Fillet



DINNER MEAL

Sesame Shrimp
Noodle Salad



Moudardara



Tamarind
Steamed Fish



Artichoke Stew
with Herbs



Jungle Curry



DAY 1

Cabbage and Tomato



DAY 2

Oriental Salad



DAY 3

Sicilian Eggplant
Caponata with Basil



DAY 4

Roasted Mixed
Root Vegetables



DAY 5

Broccoli Stir-Fry
with Ginger & Sesame



Right Bite's Beta
Tom Yum Soup



Leek and
Butterbean Soup



Farmhouse
Vegetable Soup



Soothing Carrot
Ginger-Spiced Soup



Roasted
Tomato Soup



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

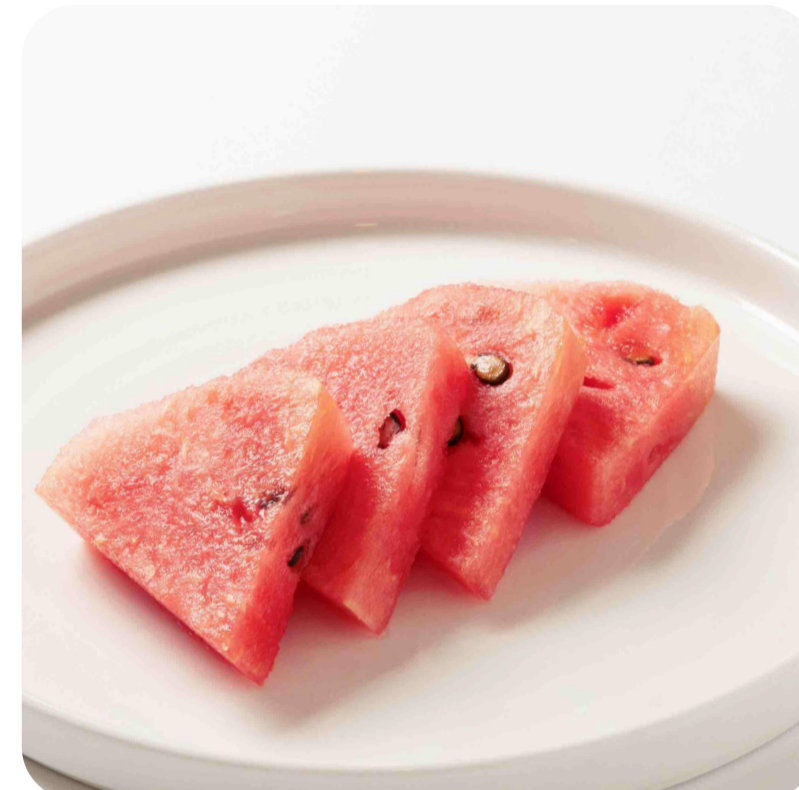
Grapes, Red



Coco Colada



Watermelon Slices



Grapefruit, Mango and
Strawberry Fruit Salad



Seasonal Fruit Salad



No Bake Peanut
Butter Protein Bar



Nutty Lazy Cake



Date, Coconut Goji
Berries Balls



Chili Chocolate
Mousse



Citrus Curry Nuts
with Chia Seeds



MORNING
FRUIT SNACK

AFTERNOON
SNACK