



	✓ Breakfast	✓ Lunch	✓ Lunch Salad	✓ Dinner	✓ Dinner Salad	✓ Prewrite Out Snack	✓ Postwork Out Snack
Friday	cottage cheese w berries + two brown toast + cherry tomato & cucumber	stuffed chicken w mushroom & mashed potato	season:lettuce tomato cucumber corn w cocktail	tuna quinoa cake:sweet potato onion red capsicum tuna quinoa	chicken w quinoa:lettuce rocket chicken quinoa carrot cherry tomato orange w lemon & oil	peanut butter cheese cake w chocolate dip	banana almond shake
	slim 'n lite chocolate oat bar + milk	meat cubes w sweet potato & quinoa	halloum:lettuce pine nuts raisin pomegranate halloum w honey mustard	chicken lettuce wrap:beans corn parsley mozzarella colored capsicum cherry tomato chicken lettuce	soup cream of broccoli	peas homas + black seed brown wrap	
Saturday	egg whites w broccoli + arabic bread + black olives cucumber & mint	canneloni beef:cheese mushroom tomato pasta minced meat	pepper:colored pepper corn lettuce w mayo	shrimp tacos:capsicum mozzarella parsley corn cabbage carrots jalapeno soya sauce	super protein:red & white beans green peas chickpeas corn parsley sundried tomato egg w lemon & oil	tamria	twisted strawberry shake
	parfait : greek yogurt granola strawberry jam	tofu chunks curry	rocket w parmesan:sundried tomato parmesan rocket w balsamic	oat steak s/w: mushroom capsicum steak	soup corn	saffron cake	
Sunday	fatet homas b laban + bread crumbs + cherry tomato cucumber & radish	salmon w quinoa w florentine sauce	tabboule w quinoa:parsley tomato onion quinoa mint w lemon & oil	stuffed bell peppers:chicken quinoa colored pepper corn tomato onion mozzarella	soup oatmeal	edamame	avocado power shake
	oatmeal banana bread + milk	peri peri chicken w mashed potato	yogurt & cucumber	falafel cupcake:homos cucumber tomato lettuce pickles	rocket w orange & blueberries:rocket orange blueberries walnut pomegranate w honey mustard	rice cake + peanut butter w banana	
Monday	muffin omelette turkey + arabic bread + black olives cucumber & mint	sweet n sour chicken w quinoa	spinach w beetroot:feta beetroot spinach lettuce walnuts w honey balsamic	s/w kashkaval w sundried tomato	tuna:tomato cucumber potato olives tuna w mayo	slim 'n lite vegan cacao cake	vanilla oatmeal shake
	muesli w almonds + milk	stew white beans	caesar:lettuce parmesan cheese bread crumbs w mayo dressing	canape brown salmon:smoked salmon philadelphia cheese capers	soup shrimp chowder	peanut power energy bites	
Tuesday	mozzarella + slice bread + cherry tomato & mint	stuffed zucchini beef w yogurt	pomegranate w walnuts : lettuce cherry tomato pomegranate walnuts w balsamic	burrito:turkey red beans corn onion cabbage tomato parsley soya sauce	thyme:rocket sumak cherry tomato thyme leaves w lemon & oil	banana oat cookie	banana date shake
	almond pancake w peanut butter	mashawi platter	greek:feta olives cucumber tomato lettuce capsicum w herb vinaigrette	sweet potato: rocket goat cheese dried cranberries walnuts sweet potato w sweet vinegar dressing	coconut bites		
Wednesday	foul moutabbal(fava beans) + arabic bread + cherry tomato & cucumber	mozzarella + slice bread + cherry tomato & mint	sesame:lettuce radish cucumber almond sesame carrots w honey mustard	buffalo chicken strips w ranch dip	soup cream of mushroom	date cake	very berry shake
	oat porridge w berries	koushari	turkey:lettuce tomato cucumber olives colored capsicum turkey w lemon & oil	beef sliders: tomato onion rocket w barbeque sauce in brown bun	shrimps:lettuce rocket feta orange shrimp w honey mustard	peanut butter muffin	