



Week 2:

Sunday:

Breakfast: Mohamara topped with grilled mushroom with beans & GF bread

Lunch: GF Mac & cheese

Dinner: Tom yum soup with chunky salad

Snack: Dates & organic rahash

Drink: Carrot & turmeric shot

1504Cals Carb:233g Protein:46g Fat:28g

Monday:

Breakfast: V qeema with GF bread

Lunch: Thai curry with brown rice

Dinner: Stuffed vine leaves with fatoush salad

Snack: Carrot cake

Drink: Mohalabiya shot

1510Cals Carb:248g Protein:43g Fat:50g

Tuesday:

Breakfast: Sticky Rice pudding with seasonal fruit & coconut milk

Lunch: Bean enchilada

Dinner: Veggie patties in masala sauce

Snack: Mini zaatar calzone

Drink: Green juice shot

1498Cals Carb:245g Protein:46g Fat:29g

Wednesday:

Breakfast: Baked beans with grilled mushroom & cherry tomatoes

Lunch: GF béchamel

Dinner: V eggplant & cauliflower fatteh

Snack: Gers agaili with saffron cream

Drink: Apple, ginger & greens shot

1466Cals Carb:228g Protein:42g Fat:47g



Thursday:

Breakfast: Hara bhara kebab bowl with GF bread

Lunch: Indian korma with brown rice

Dinner: Potato cannelloni

Snack: Doughnut

Drink: Orange & turmeric shot

1486Cals Carb:270g Protein:44g Fat:31g

Meal Plan info:

- Menu is 100% Gluten Free
- Delivery is starts on Saturday afternoon, so you start your week on Sunday fully prepared.
- Please keep your meal in the fridge. On first day of subscription you will receive a sheet with all the storing & heating information of your meals.
- Menu is fixed and cannot be changed
- Price:

5 Days: 70KD

10 Days: 140KD

20 Days: 260KD