



Juna's Meal Plan

Week 5:

Sunday:

Breakfast: Rice pudding with almond butter & grilled bananas

Lunch: Veggies lasagna

Dinner: Chunky veggies & beans soup with green salad

Snack: Baba ghanooj with raw veggies sticks

Drink: Green juice shot

1500Cals Carb:224g Protein:45g Fat:48g

Monday:

Breakfast: Zaatar calzone

Lunch: Mexican quinoa

Dinner: Green beans salad

Snack: Banana muffin

Drink: Orange & turmeric shot

1520Cals Carb:213g Protein:61g Fat:45g

Tuesday:

Breakfast: Foul with GF bread

Lunch: Kuwaiti dumplings (Gaboos)

Dinner: Quinoa salad with mini pizza calzone

Snack: Almond ghuraiba

Drink: Apple, ginger & greens shot

1515 Cals Carb:229g Protein:61g Fat:40g

Wednesday:

Breakfast: Granola with coconut milk & seasonal jam

Lunch: V Kofta stew with brown rice

Dinner: Maki roll & potato salad

Snack: Nachos

Drink: Green shot

1528Cals Carb:209g Protein:41g Fat:33g



Thursday:

Breakfast: Cauliflower dip with baked veggies & GF bread

Lunch: Mojadara with daqoos

Dinner: Zaatar manousheh

Snack: Baked veggies with pomegranate dip

Drink: Milkshake shot

1512Cals Carb:183g Protein:36g Fat:38g

Meal Plan info:

- Menu is 100% Gluten Free
- Delivery is done 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