



Week 3:

Sunday:

Breakfast: Labna wrap

Lunch: GF Jereesh

Dinner: Baked veggies with creamy mushroom sauce salad

Snack: Hummus with raw veggies sticks

Drink: Lemonade shot

1505Cals Carb:260g Protein:48g Fat:46g

Monday:

Breakfast: Pancake with seasonal fruit & organic maple syrup

Lunch: Stuffed zucchini in V laban sauce

Dinner: GF soft tacos

Snack: Glazed coconut doughnut hole

Drink: Green juice shot

1515Cals Carb:272g Protein:35g Fat:45g

Tuesday:

Breakfast: Green beans with tomatoes & cilantro on top of quinoa

Lunch: GF gnocchi in pink sauce

Dinner: Bean pockets with potato chips

Snack: Peanut, chia & cacao ball

Drink: orange & mint shot

1510Cals Carb:247g Protein:43g Fat:47g

Wednesday:

Breakfast: Oatmeal with apple & cinnamon crumble

Lunch: Pasta primavera

Dinner: Mashed potato & bean chili

Snack: Kimchi pancake with sweet & spicy dip

Drink: Carrot juice shot

1536Cals Carb:273g Protein:52g Fat:31g



Thursday:

Breakfast: Falafel bowl

Lunch: Veggies tandoori with brown rice & yogurt sauce

Dinner: Mushroom Pizza ☺

Snack: Banana wafer with coconut cream

Drink: Green shot

1526Cals Carb:250g Protein:55g Fat:44g

Meal Plan info:

- Menu is 100% Gluten Free
- Delivery 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