



Week 4:

Sunday:

Breakfast: Eggplant & potato hamsa with GF bread

Lunch: Pasta Bolognese

Dinner: Smoked mushroom salad with BBQ sauce

Snack: Date pudding

Drink: Green juice shot

1500Cals Carb: Protein: Fat:

Monday:

Breakfast: Taquitos with guacamole

Lunch: Indian legume stew with brown rice

Dinner: Ramen soup

Snack: Saffron milk cake

Drink: Carrot & turmeric shot

1500Cals Carb: Protein: Fat:

Tuesday:

Breakfast: Steel-cut oat pudding with cacao chunks, goji berries & seeds

Lunch: Ma'louba topped with bean & greens

Dinner: Baked potato topped with sweet mushroom sauce & red sauce

Snack: Fatoush

Drink: Orange, saffron & chia shot

1500Cals Carb: Protein: Fat:

Wednesday:

Breakfast: Labna & falafel calzone

Lunch: Quinoa Moroccan tagine

Dinner: Pizza rice balls salad

Snack: Mud cake

Drink: Apple & greens shot

1500Cals Carb: Protein: Fat:



Thursday:

Breakfast: Mexican fowl with GF bread

Lunch: Stuffed eggplants in tomato sauce

Dinner: Gyoza with sour dip & Asian salad

Snack: Peanut frozen cream cake

Drink: Green shot

1500Cals Carb: Protein: Fat:

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