



Week 1:

Sunday:

Breakfast: Eggplant V kishk topped with grilled veggies GF bread

Lunch: Indian curry with rice

Dinner: Green Lentil & greens soup with beetroot salad

Snack: Brownies

Drink: Carrot & turmeric shot

1513Cals Carb:239g Protein:48g Fat:46g

Monday:

Breakfast: Quinoa kebbeh with dip

Lunch: Pasta with greens & cream sauce

Dinner: Rice patties stuffed with bean dip

Snack: Pancake sandwich with rehash & dates

Drink: Green juice shot

1494Cals Carb:250g Protein:41g Fat:41g

Tuesday:

Breakfast: Sticky Rice pudding with seasonal fruit & coconut milk

Lunch: Stuffed cabbage & zucchini

Dinner: Baked veggies salad

Snack: Spring rolls with BBQ sauce

Drink: Orange & mint shot

1480Cals Carb:316g Protein:41g Fat:25g

Wednesday:

Breakfast: Savory muffin with sauce

Lunch: Ravioli

Dinner: V Kebabs with bread

Snack: Banana & peanut butter calzone

Drink: Apple, ginger & greens shot

1506Cals Carb:232g Protein:52g Fat:33g



Thursday:

Breakfast: Zaatar manousheh

Lunch: Green stew with rice

Dinner: Potatoes & peas calzone

Snack: Fudge dipped in cacao

Drink: Lemonade shot

1446Cals Carb:221g Protein:39g Fat:38g

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