



## Juna's Meal Plan

Week 1:

Sunday:

Breakfast: Rice pudding with seasonal fruit

Lunch: Lasagna with seasonal veggies

Dinner: Beans green with guacamole salad

Snack: Salsa Verde with raw veggies sticks

Drink: Green juice shot

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

Monday:

Breakfast: Mushroom pizza calzone

Lunch: Koshari

Dinner: Oat soup

Snack: Orange & saffron cream muffin

Drink: Pomegranate shot

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

Tuesday:

Breakfast: Foul with GF bread

Lunch: Mushroom Machboos

Dinner: Maki roll with Asian salad

Snack: Banana wafer with coconut cream

Drink: Apple, ginger & greens shot

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

Wednesday:

Breakfast: Oat pudding with coconut milk & seasonal jam

Lunch: V Kofta stew with brown rice

Dinner: Tacos

Snack: Spinach pretzel

Drink: Green shot

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



Thursday:

Breakfast: Zaatar manousheh

Lunch: Baked squash with rice & veggies

Dinner: Ramen soup

Snack: Doughnut

Drink: Cacao milk shot

1500Cals Carb: Protein: Fat:

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- 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



Week 2:

Sunday:

Breakfast: Labna & spinach pizza

Lunch: Biryani

Dinner: Green hummus on top of baked veggies salad

Snack: Cookies

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: Deconstructed mushroom & mohamara wrap

Snack: nachos

Drink: Green juice shot

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

Tuesday:

Breakfast: Green beans with bread

Lunch: Pasta Bolognese

Dinner: Veggies rice balls with ketchup

Snack: Peanut, chia & cacao ball

Drink: orange & mint shot

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

Wednesday:

Breakfast: Oat pudding with apple & cinnamon crumble

Lunch: Satay sticks with brown rice & peanut butter dip

Dinner: Big bean soup

Snack: Indian spiced veggies calzone

Drink: Carrot juice shot

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



Thursday:

Breakfast: Mexical breakfast bowl

Lunch: Baked veggies with brown rice & yogurt sauce

Dinner: Zoodles primavera

Snack: Almond ghuraiba

Drink: Green shot

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

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Week 3:

Sunday:

Breakfast: Eggplant & green capsicum hamsa with GF bread

Lunch: Mo'adas with daqoos

Dinner: Stuffed capsicum salad

Snack: Date pudding

Drink: Green juice shot

1500Cals Carb: Protein: Fat:

Monday:

Breakfast: Falafel bowl with guacamole

Lunch: Indian thick stew with brown rice

Dinner: Potato & greens 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: Thai curry with brown rice

Dinner: Stuffed cabbage

Snack: Fatoush

Drink: Orange, saffron & chia shot

1500Cals Carb: Protein: Fat:

Wednesday:

Breakfast: Kuwaiti breakfast bowl

Lunch: Moroccan tagine

Dinner: Pizza rice balls salad

Snack: Mud cake

Drink: Apple & greens shot

1500Cals Carb: Protein: Fat:



Thursday:

Breakfast: Foul with GF bread

Lunch: Stuffed zucchini in tomato sauce

Dinner: Onigiri & cucumber salad

Snack: Peanut cream cake

Drink: Green shot

1500Cals Carb: Protein: Fat:

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Week 4:

Sunday:

Breakfast: Minced mushroom calzone

Lunch: Italian bowl

Dinner: Tom ka soup

Snack: Dates & organic rahash

Drink: Carrot & turmeric shot

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

Monday:

Breakfast: Pancakes with almond butter & dates

Lunch: Ma'louba

Dinner: Stuffed vine leaves with tabouleh

Snack: Mini spinach calzone

Drink: Cardamom milk shot

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

Tuesday:

Breakfast: Sticky Rice pudding with cacao buttons & seasonal fruit

Lunch: Adas polow

Dinner: Veggie patties with kimchi & dip

Snack: Mini cacao cake

Drink: Green juice shot

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

Wednesday:

Breakfast: Baked beans on top of mashed potato

Lunch: Stuffed green capsicum in date sauce

Dinner: Wonton soup

Snack: Gers agaili with saffron cream

Drink: Apple, ginger & greens shot

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



Thursday:

Breakfast: Hara bhara kebab bowl

Lunch: Red lentil stew with brown rice

Dinner: Potato cannelloni

Snack: Cookie doughballs

Drink: Orange & turmeric shot

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

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