



Juna's Meal Plan

Week 1:

Sunday:

Breakfast: Rice pudding with seasonal fruit

Lunch: Lasagna with seasonal veggies

Dinner: Beans with tahini salad

Snack: Tomato salsa with nachos

Drink: Green juice shot

Monday:

Breakfast: Creamy veggies calzone

Lunch: Koshari

Dinner: Oat soup

Snack: Orange & mint cream muffin

Drink: Pomegranate shot

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

Wednesday:

Breakfast: Oat pudding with coconut milk & seasonal jam

Lunch: V Kofta stew with brown rice

Dinner: Big quinoa salad

Snack: Spinach pretzel

Drink: Green shot

Thursday:

Breakfast: Zaatar manousheh

Lunch: Baked eggplant boats with rice & dukka

Dinner: Bean tacos

Snack: Vanilla cupcake with jam

Drink: Golden milk shot



Week 2:

Sunday:

Breakfast: Labna & zaatar pizza

Lunch: Biryani

Dinner: Green hummus on top of baked veggies salad

Snack: Dunked cookies

Drink: Lemonade shot

Monday:

Breakfast: Pancake with seasonal fruit & organic maple syrup

Lunch: Stuffed zucchini in lemon sauce

Dinner: Deconstructed hummus & veggies wrap

Snack: nachos

Drink: Green juice shot

Tuesday:

Breakfast: Broad beans with bread

Lunch: Vegetable pasta

Dinner: Veggies balls with ketchup

Snack: Almond, chia & cacao ball

Drink: orange & mint shot

Wednesday:

Breakfast: Oat pudding with apple & cinnamon crumble

Lunch: Satay sticks with brown rice & mango dip

Dinner: Big bean soup

Snack: Smoked cauliflower calzone

Drink: Carrot juice shot

Thursday:

Breakfast: Arabic breakfast bowl

Lunch: Baked veggies with brown rice & yogurt sauce

Dinner: Zoodles primavera

Snack: Peanut cup

Drink: Green shot



Week 3:

Sunday:

Breakfast: Indian hamsa with GF bread

Lunch: Mo'adas with daqoos

Dinner: Stuffed capsicum salad

Snack: Date pudding

Drink: Green juice shot

Monday:

Breakfast: Falafel bowl with labna dip

Lunch: Indian thick stew with brown rice

Dinner: Potato & greens soup

Snack: Saffron milk cake

Drink: Carrot & turmeric shot

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

Wednesday:

Breakfast: Arabic breakfast bowl

Lunch: Moroccan tagine

Dinner: Green rice balls salad

Snack: Mud cake

Drink: Apple & greens shot

Thursday:

Breakfast: Green calzone

Lunch: Stuffed potato

Dinner: Onigiri & cucumber salad

Snack: Peanut cream cake

Drink: Green shot



Week 4:

Sunday:

Breakfast: Zaatar calzone

Lunch: Indian bowl

Dinner: Pasta soup

Snack: Chia pudding

Drink: Carrot & turmeric shot

Monday:

Breakfast: Pancakes with peanut butter

Lunch: Ma'louba

Dinner: Stuffed vine leaves with grain-less tabouleh

Snack: Mini mushroom pizza

Drink: Cardamom milk shot

Tuesday:

Breakfast: Sticky Rice pudding with cacao buttons & seasonal fruit

Lunch: Chili pasta

Dinner: Veggie patties with sauerkraut, dip & bread

Snack: Mini date & rahash cake

Drink: Green juice shot

Wednesday:

Breakfast: Baked beans with baked veggies

Lunch: Stuffed green capsicum in date sauce

Dinner: Ratatouille with V cream

Snack: Gers agaili with saffron cream

Drink: Apple, ginger & greens shot

Thursday:

Breakfast: Hara bhara kebab bowl

Lunch: Red lentil stew with brown rice

Dinner: Pasta salad bowl

Snack: Cookie doughballs

Drink: Orange & turmeric shot



Meal Plan info:

- Menu is 100% Gluten Free
- Delivery is 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