

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

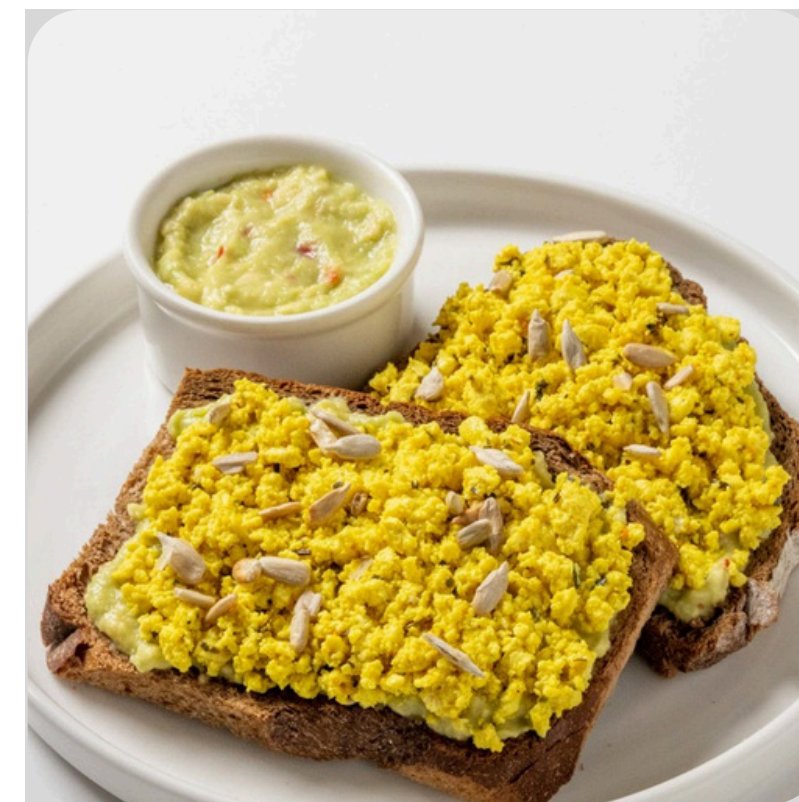
Apple Pie Chia Pot



Berry Quinoa Bowl



Chili Avocado with Scrambled Tofu



Avocado and Mix Seeds Wrap



Idli Rice Cakes

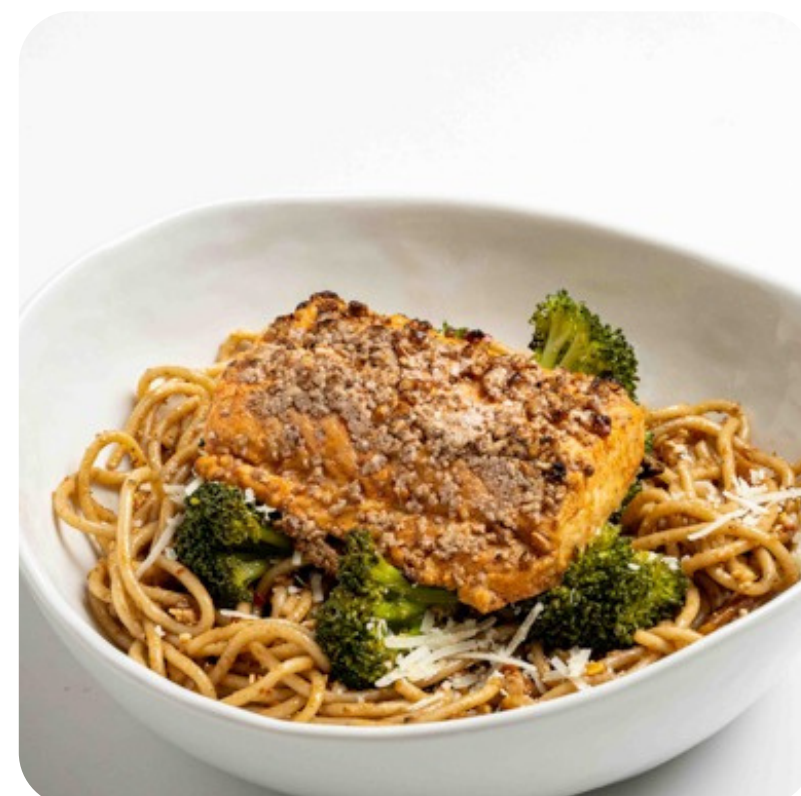


LUNCH MEAL

Balkan Beef Kababs



Maple Pecan Fish



Waldorf Chicken Salad



Pistachio and Basil Chicken Ball



Baked Herbed Fish Fillet



DINNER MEAL

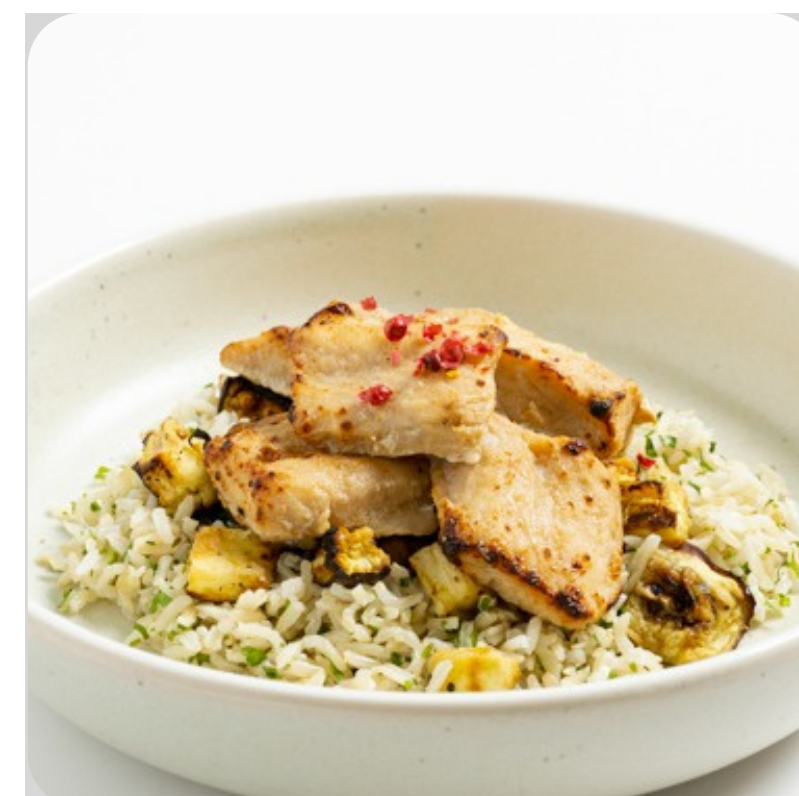
Sesame Shrimp Noodle Salad



Moudardara



Tamarind Steamed Fish



Artichoke Stew with Herbs



Jungle Curry



DAY 1

Cabbage and Tomato



DAY 2

Oriental Salad



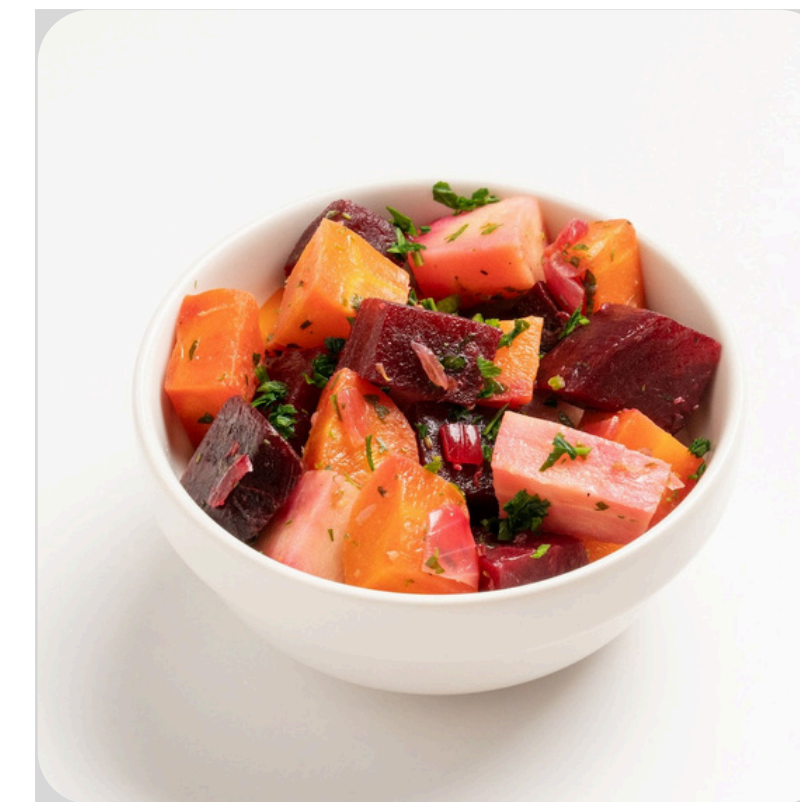
DAY 3

Sicilian Eggplant
Caponata with Basil



DAY 4

Roasted Mixed
Root Vegetables



DAY 5

Broccoli Stir-Fry
with Ginger & Sesame



Right Bite's Beta
Tom Yum Soup



Leek and
Butterbean Soup



Farmhouse
Vegetable Soup



Soothing Carrot
Ginger-Spiced Soup



Roasted
Tomato Soup



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

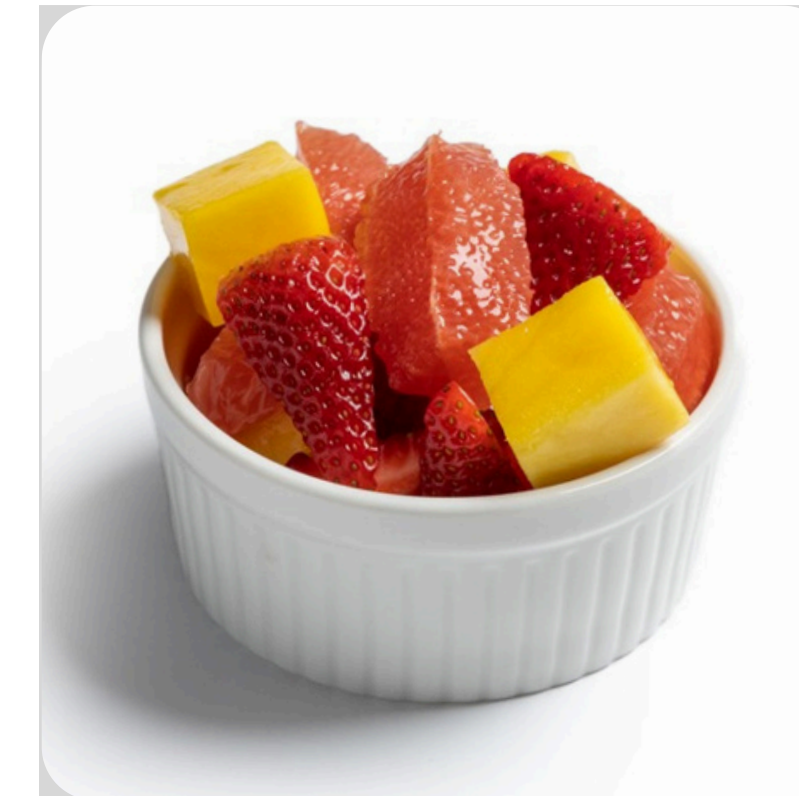
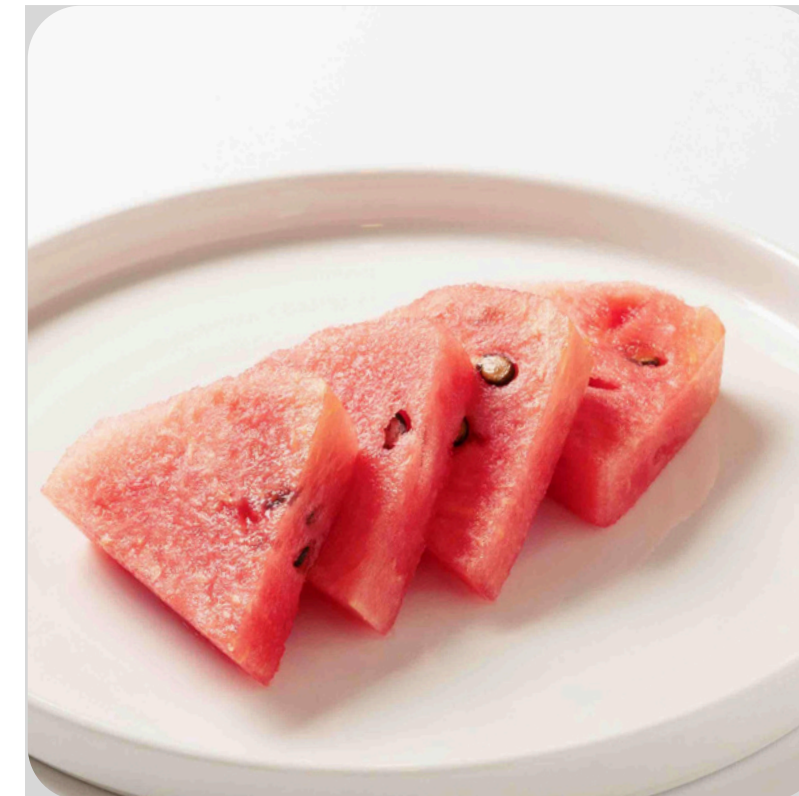
Grapes, Red

Coco Colada

Watermelon Slices

Grapefruit, Mango and
Strawberry Fruit Salad

Seasonal Fruit Salad



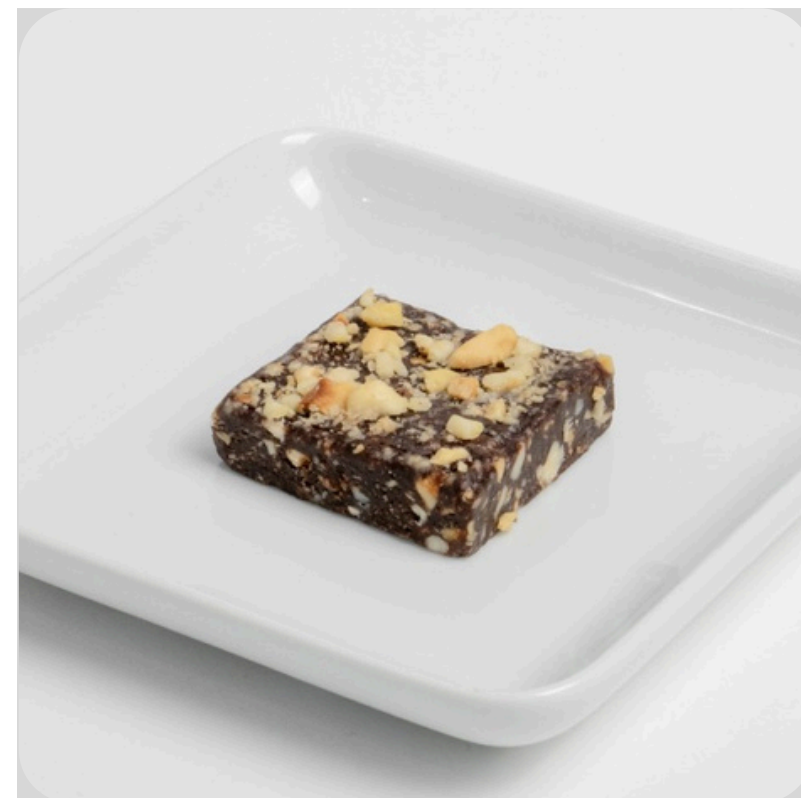
No Bake Peanut
Butter Protein Bar

Nutty Lazy Cake

Date, Coconut Goji
Berries Balls

Chili Chocolate
Mousse

Citrus Curry Nuts
with Chia Seeds



MORNING
FRUIT SNACK

AFTERNOON
SNACK