

DAY 1

DAY 2

DAY 3

DAY 4

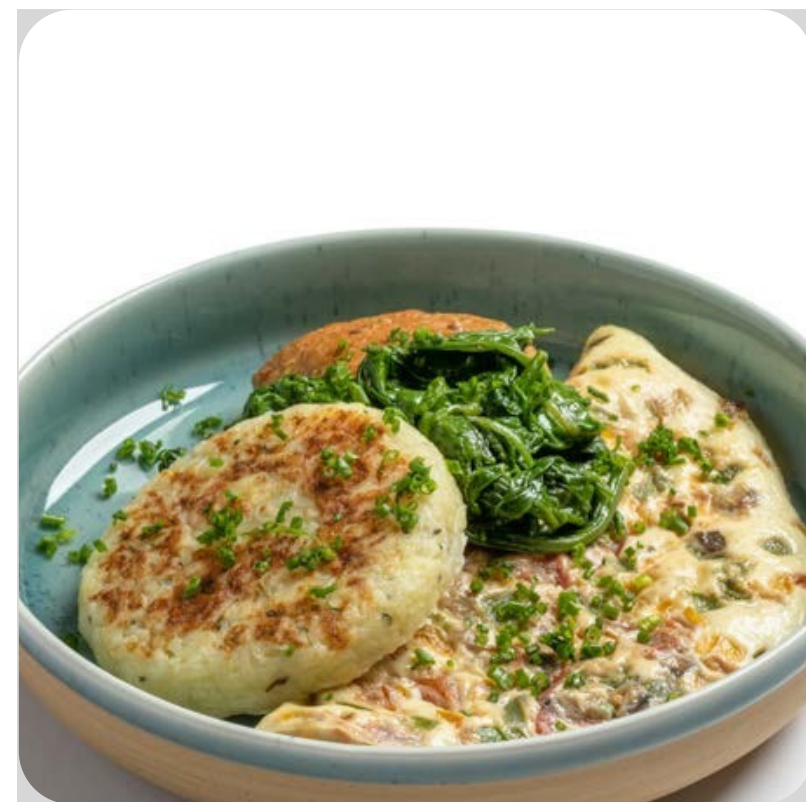
DAY 5

BREAKFAST

Protein Pumpkin  
Spiced Pancakes



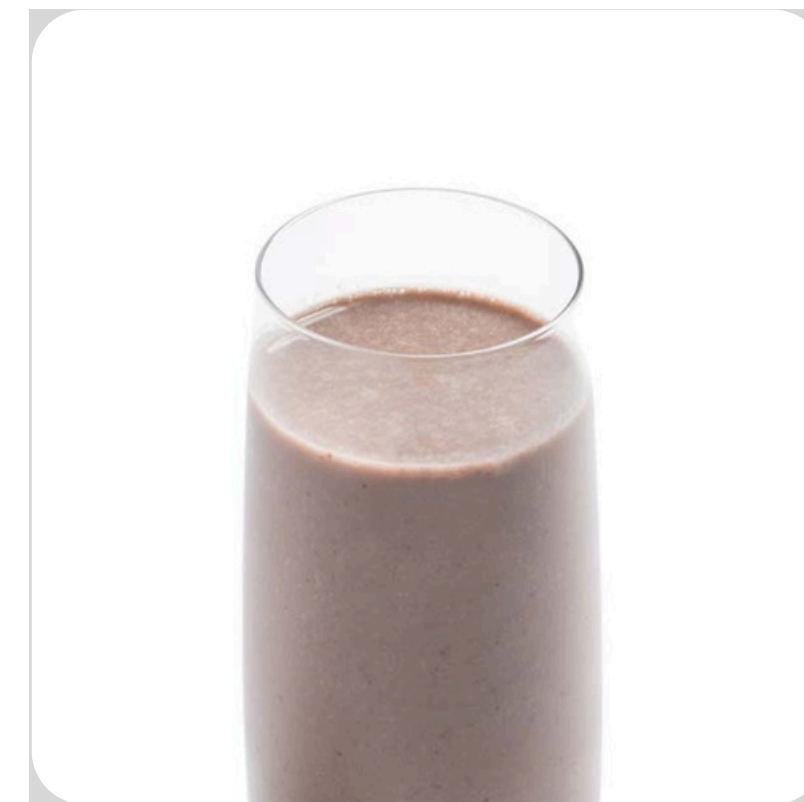
Vegetable Egg  
with Omelette



Superseeds Eggs



Not so Blue

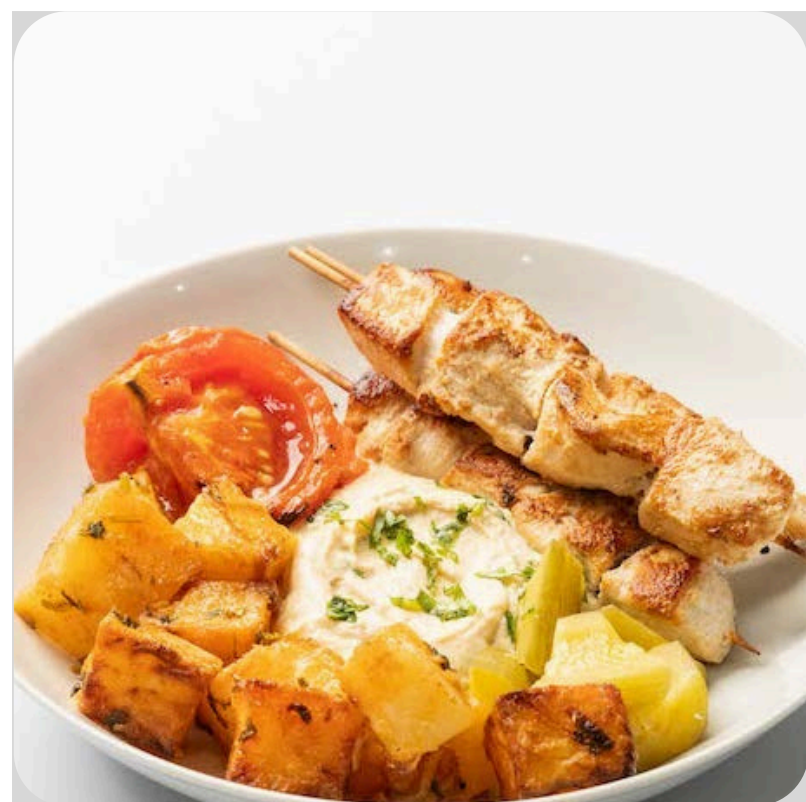


Berry Booster



LUNCH MEAL

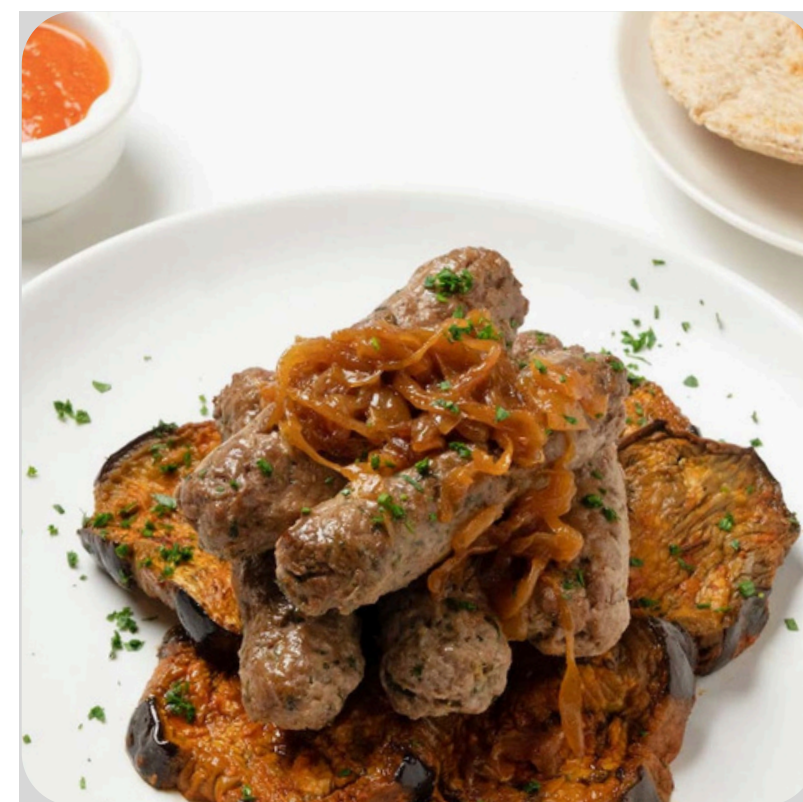
Chicken  
Tawook Platter



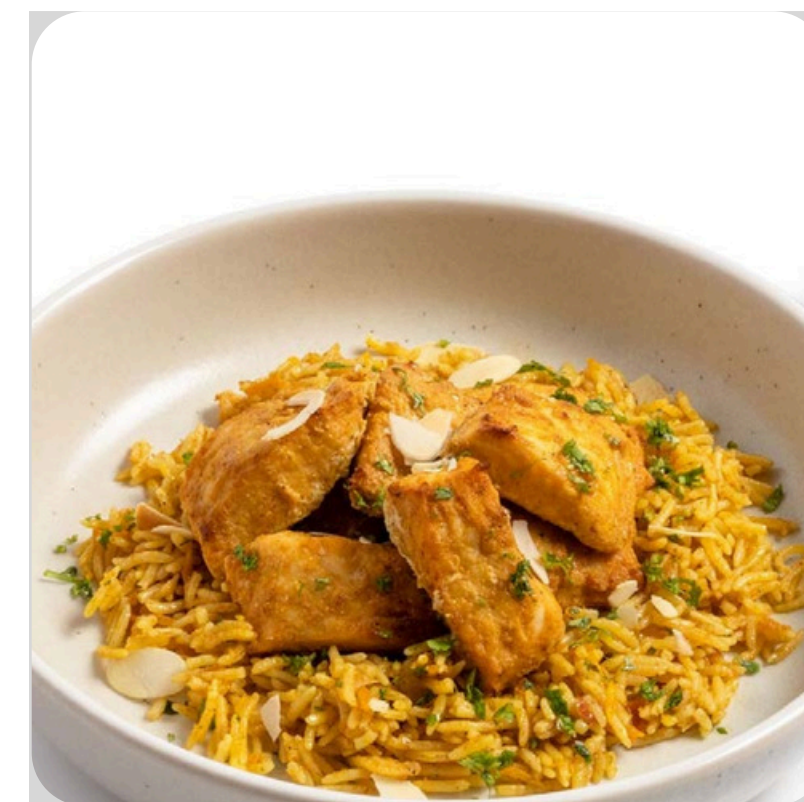
Beef and Rice  
Donburi



Balkan Beef  
Kababs



Fish Kabsa

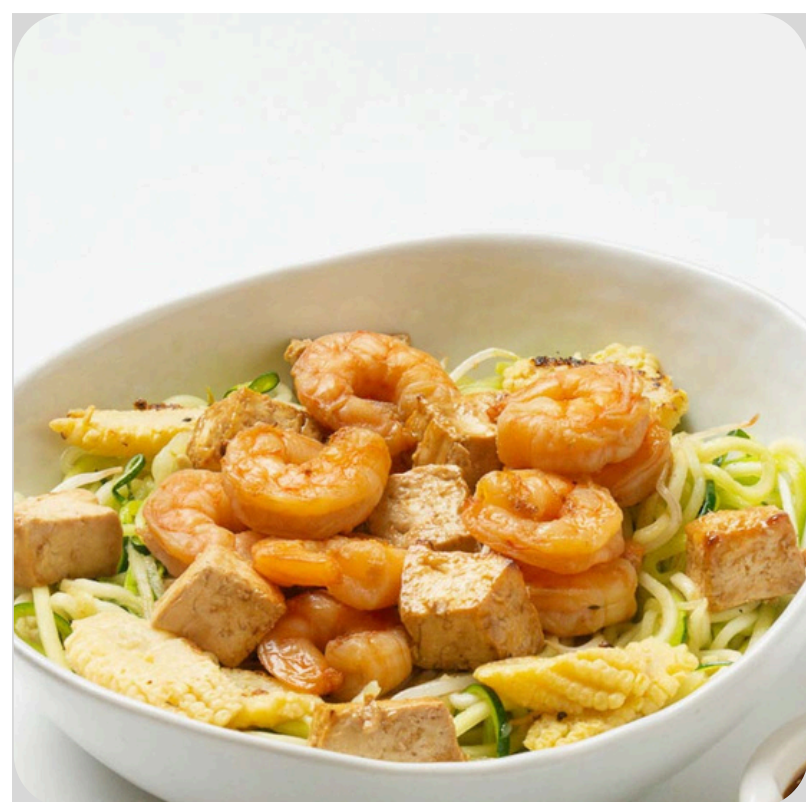


Chicken Paella

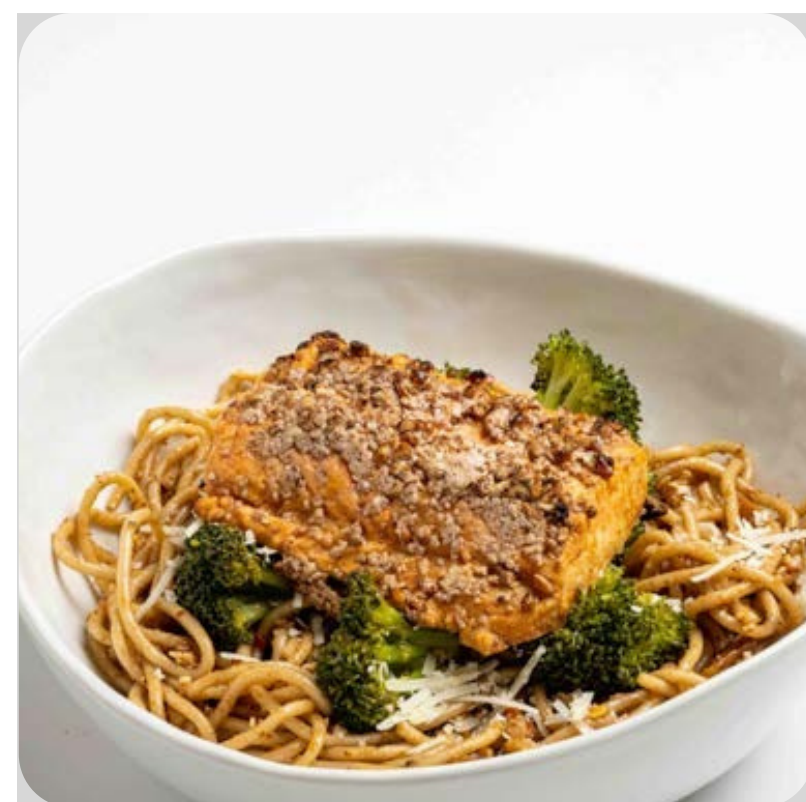


DINNER MEAL

Pad Thai Shrimps  
with Tofu



Maple  
Pecan Fish



Beef and Rice  
Donburi



Pistachio and  
Basil Chicken Ball



Cajun Beef Burger



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Baba Ghanoush

Cool Cucumber Salad

Farmhouse  
Vegetable Soup

Soothing Carrot  
Ginger-Spiced Soup

Broccoli Stir-Fry with  
Ginger & Sesame



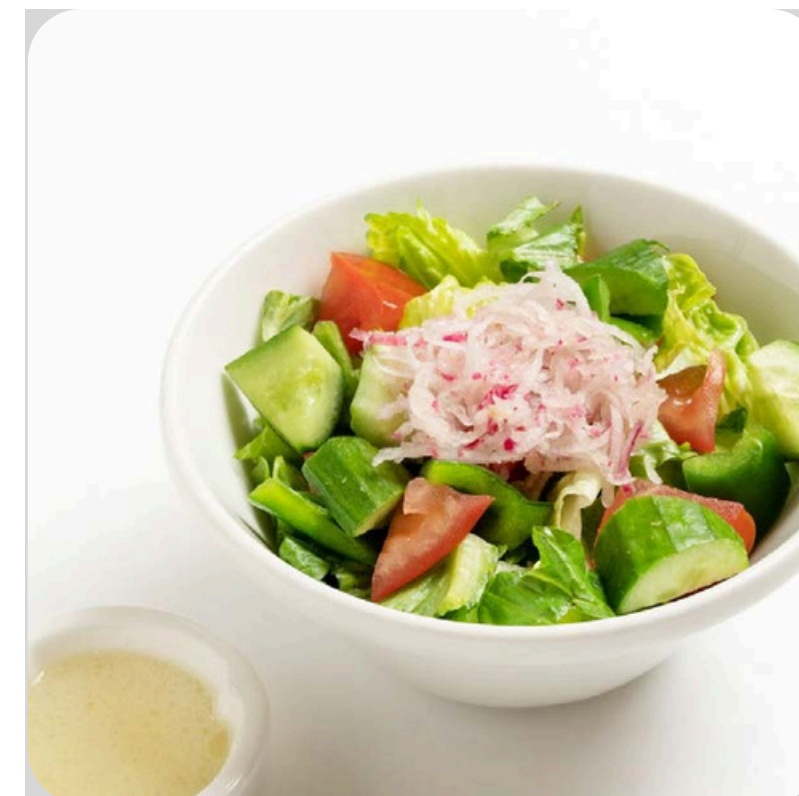
Rocca and Zaatar

Roasted Cauliflower

Oriental Salad

Green Zucchini  
Muthabal

Mouthabal Bathinjan



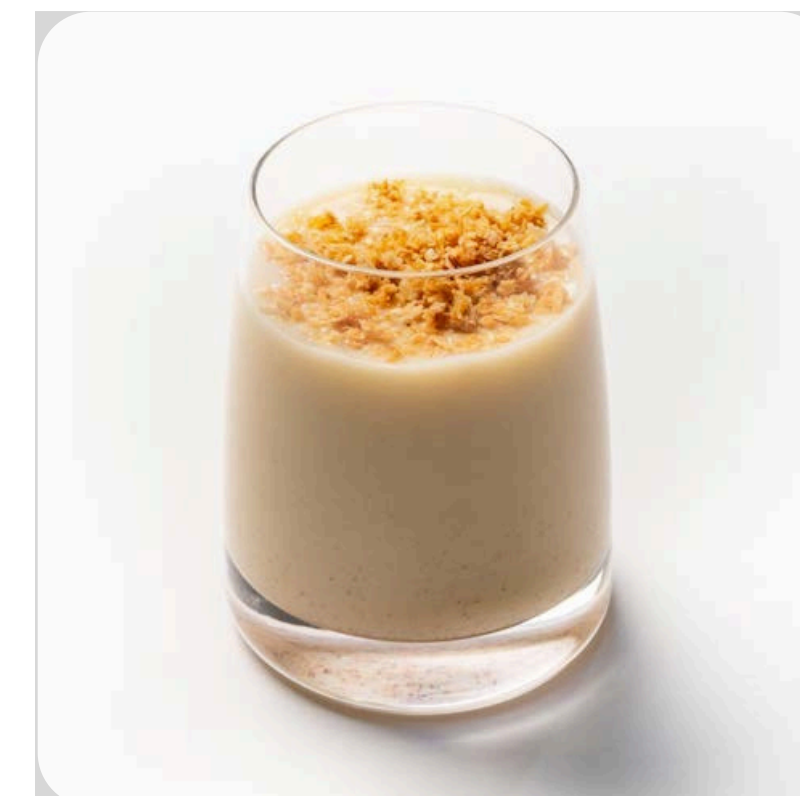
Mango and  
Pistachio Yoghurt

Chia Crackers with  
Herby Green Hummus

Chocolate Pumpkin  
Truffles

Cereal Milk

Citrus Curry Nuts  
with Chia Seeds



SIDE DISHES

AFTERNOON  
SNACK