

Example our Plan Meals

Days	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Nutritional values
Day 1	Eggs with Veg+ Salad+ bread	Green salad	Chicken piccata mushroom +white rice +salad	orange juice	Shrimps grilled + VEG	Total
	calories carbs protein fat					calories carbs protein fat
Day 2	Granola+ honey + fruits	cheese cake	Asian style Chicken +brown rice + veg	watermelon juice	chicken Tacos	Total
	calories carbs protein fat					calories carbs protein fat
Day 3	Labneh Zaatar + fruits	Greek Salad	chicken Italy + Mashed Potato + Salad	pomegranate juice	Chef Salad	Total
	calories carbs protein fat					calories carbs protein fat
Day 4	Egg omelet+ Salad	broccoli Soup	chicken pasta (red sauce)	melon juice	chicken Fajita	Total
	calories carbs protein fat					calories carbs protein fat
Day 5	Pancake+ banana	quinoa salad	Tikka Roll with grilled potato + salad	pineapple juice	Rocca salad with halloumi	Total
	calories carbs protein fat					calories carbs protein fat
Day 6	Egg sandwich with cheese+ veg grilled	tiramisu	Pasta spaghetti Beef (Red sauce)	Passion fruits	Fish Kofta+Veg	Total
	calories carbs protein fat					calories carbs protein fat