

A TYPICAL WEEK

International Plan (1300 Calories per day)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
BREAKFAST	Foul & Hummus served with vegetables	Whole Wheat Saj Zaatar Served with Light Labneh & Vegetables	Cheese Ratatouille wrap	Spinach Feta egg Frittata served with Brown Bread and Tomato Wedges	Mushroom Leek Omelet Served with Toast Bread & Roasted Tomato	Avocado Grilled Vegetables Sandwich
AM SNACK	Mango Slices	Pineapple Chunks	Kiwi Bites	Rock Melon Cubes	Low Fat yoghurt	Cut Vegetables
LUNCH	Chicken Potato Kofta in Tomato Sauce Served with Brown Rice	Beef Steak Served with Roasted vegetables & Mashed Potatoes with chimichurri sauce	ABLAMA (Beef Stuffed Zucchini) in Tomato sauce	Grilled fish Served with Roasted vegetables & Lemon Herb Sauce	Grilled Chicken Breast Served with Lemon Thyme Sauce & Sweet Potato Puree	Shakria Served with Brown Rice (Lamb shanks and hot yoghurt stew)
SIDE DISH	Mushroom Soup	Feta Chickpeas Avocado Salad	Spinach Couscous Soup	Carrot sticks served with Guacamole	Superfood Salad	Oriental Salad
PM SNACK	Mini Fruit Tart	Carrot Cake	Cashew Nuts	Fruit Pudding	Brownie	Walnuts
DINNER	Oh My Jar (Feta with Vegetables)	Oregano Bread Crisps & sliced cucumber served with tzatziki dip	Pink Panther Jar (salmon, Pumpkin, Rocca)	Beetroot Moutabal Served with Crispy Brown Bread	Grilled Halloumi Wrap with Pesto Sauce & Grilled Red Capsicum	Turkey Cheese Sandwich

With thousands of menu combinations available, this is just a glimpse of what you can create. Take charge of your dietary choices by making easy modifications to your plan through your personalized dashboard. Empower yourself to decide what you eat.