



Sample Weekly Meal Plan

Week: 1 Day: 1

Breakfast	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Spring Omelette	Egg	70	6	1	5	0
	Mushroom	0	0	0	0	0
	Cucumber	0	0	0	0	0
	Black Olives	1	0	0	0	0
	Bell Pepper	0	0	0	0	0
	Cherry Tomato	0	0	0	0	0
		71	6	1	5	0

Snack 1	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Mixed Fruit Week1	Strawberry	0	0	0	0	0
	Dragon Fruit	0	0	0	0	0
	Kiwi	1	0	0	0	0
	Papaya	0	0	0	0	0
	Blueberries	1	0	0	0	0
	2	0	0	0	0	

Lunch	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Meat Balls with Whole Wheat Pasta	Lean Beef	2	0	0	0	0
	Pasta	1	0	0	0	0
	Parmesan Cheese	4	0	0	0	0
	Tomato Sauce	0	0	0	0	0
	Onions	0	0	0	0	0
	Parsley	0	0	0	0	0
		7	0	0	0	0

Snack 1	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Zaatar Veggies Slice	Olive oil	9	0	0	1	0
	Zaatar	0	0	0	0	0
	Bell Pepper	0	0	0	0	0
	Brown Toast	0	0	0	0	0
	Tomato	0	0	0	0	0
		9	0	0	1	0

Salad	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Rocca Salad	Rocca	0	0	0	0	0
	Pomegranate	1	0	0	0	0
	Olive oil	9	0	0	1	0
	Sumac	0	0	0	0	0
	Onions	0	0	0	0	0
	Tomato	0	0	0	0	0
	Lemon	0	0	0	0	0
	10	0	0	1	0	

Dinner	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Low Carb Chicken Vietnamese Rolls with Peanut Sauce	Rice Roll	0	0	0	0	0
	Chicken	1	0	0	0	0
	Cucumber	0	0	0	0	0
	Carrots	0	0	0	0	0
	Lettuce	0	0	0	0	0
	Peanut Sauce	0	0	0	0	0
	1	0	0	0	0	

Week: 1 Day: 2

Breakfast	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Baked Sweet Potato And Peanut Butter Muffins	Peanut Butter	0	0	0	0	0
	Baking Powder	0	0	0	0	0
	Almond Milk	0	0	0	0	0
	Almond Flour	0	0	0	0	0
	Sweet Potato	1	0	0	0	0
	1	0	0	0	0	

Snack 1	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Beetroot Hummus with Cucumber	Hummus	0	0	0	0	0
	Pomegranate	1	0	0	0	0
	Cucumber	0	0	0	0	0
	Beetroot	0	0	0	0	0
	1	0	0	0	0	

Lunch	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Biryani Chicken With Home Made Tomato Pepper Sauce	Soyabean	0	0	0	0	0
	White Rice	0	0	0	0	0
	Pine Nuts	0	0	0	0	0
	Chicken	1	0	0	0	0
	Garlic	4	0	1	0	0
	Broccoli	0	0	0	0	0
	Coriander	0	0	0	0	0
	Bell Pepper	0	0	0	0	0
Tomato Sauce	0	0	0	0	0	
	5	0	1	0	0	

Snack 2	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Orange	Orange	0	0	0	0	0
		0	0	0	0	0

Salad	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Tabbouleh Quinoa Salad	Parsley	0	0	0	0	0
	Tomato	0	0	0	0	0
	Quinoa	1	0	0	0	0
	Olive oil	9	0	0	1	0
	Green onions	0	0	0	0	0
	Lemon	0	0	0	0	0
	Pomegranate	1	0	0	0	0
Lettuce	0	0	0	0	0	
	11	0	0	1	0	

Dinner	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Thai Beef Salad	Lean Beef	2	0	0	0	0
	Rocca	0	0	0	0	0
	Onions	0	0	0	0	0
	Cucumber	0	0	0	0	0
	Lemon	0	0	0	0	0
	Coriander	0	0	0	0	0
	Cherry Tomato	0	0	0	0	0
	Mint	0	0	0	0	0
	Arugula	0	0	0	0	0
	Bell Pepper	0	0	0	0	0
	Olive oil	9	0	0	1	0
	Garlic	4	0	1	0	0
	Pomegranate	1	0	0	0	0
	16	0	1	1	0	

Week: 1 Day: 3

Breakfast	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Protein Packed Pancakes	Rolled Oats	0	0	0	0	0
	LF Milk	0	0	0	0	0
	Whey Protein (Vanilla)	0	0	0	0	0
	Honey	3	3	1	3	3
	Strawberry	0	0	0	0	0
	Blueberries	1	0	0	0	0
	Pistachio	6	0	0	0	0
	Baking Powder	0	0	0	0	0
	Almond Flour	0	0	0	0	0
	Coconut	4	0	0	0	0
	14	3	1	3	3	

Snack 1	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Low Carb Pizza Slice	Brown Toast	0	0	0	0	0
	Mushroom	0	0	0	0	0
	LF Mozzarella Cheese	0	0	0	0	0
	Tomato Sauce	0	0	0	0	0
	Black Olives	1	0	0	0	0
	Bell Pepper	0	0	0	0	0
	1	0	0	0	0	

Lunch	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Grilled Salmon With Brown Rice And Tomato Beans Salsa	Green beans	0	0	0	0	0
	Pomegranate	1	0	0	0	0
	Salmon	2	0	0	0	0
	Spinach	0	0	0	0	0
	Brown Rice	0	0	0	0	0
Tomato Sauce	0	0	0	0	0	
	3	0	0	0	0	

Snack 2	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Banana Dark Chocolate Dip	Banana	1	0	0	0	0
	Chocolate Chips	6	0	1	0	0
	Pistachio	6	0	0	0	0
	Delite25	6	0	1	0	0
	19	0	2	0	0	

Salad	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Fattouch Salad	Lettuce	0	0	0	0	0
	Tomato	0	0	0	0	0
	Cucumber	0	0	0	0	0
	Radish	0	0	0	0	0
	Olive oil	9	0	0	1	0
	Pomegranate	1	0	0	0	0
	Vinegar	0	0	0	0	0
	Black Olives	1	0	0	0	0
	Mint	0	0	0	0	0
	Parslane	0	0	0	0	0
	11	0	0	1	0	

Dinner	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Buffalo Chicken Lettuce Wraps	Cheddar Cheese	4	0	0	0	0
	Avocado	0	0	0	0	0
	Chicken	1	0	0	0	0
	Lettuce	0	0	0	0	0
	Bell Pepper	0	0	0	0	0
	Corn	0	0	0	0	0
	Spicy Sauce	1	0	0	0	0
	Tomato	0	0	0	0	0
	6	0	0	0	0	

Week: 1 Day: 4

Breakfast	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Hummus Veggies Wrap	Wheat Tortilla Bread	0	0	0	0	0
	Olive oil	9	0	0	1	0
	Hummus	0	0	0	0	0
	Rocca	0	0	0	0	0
	Cucumber	0	0	0	0	0
	Lettuce	0	0	0	0	0
	Mint	0	0	0	0	0
	9	0	0	1	0	

Snack 1	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Matcha Green Tea Energy Bites	Honey	3	3	1	3	3
	Coconut Oil	0	0	0	0	0
	Coconut	4	0	0	0	0
	Matcha Powder	0	0	0	0	0
	Almond Flour	0	0	0	0	0
	7	3	1	3	3	

Lunch	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Prawns with Whole Wheat Spaghetti	Whole Wheat Spaghetti	0	0	0	0	0
	Tomato Sauce	0	0	0	0	0
	Prawns	0	0	0	0	0
	Onions	0	0	0	0	0
	Soya Sauce	0	0	0	0	0
	Mushroom	0	0	0	0	0
	Carrots	0	0	0	0	0
	Bell Pepper	0	0	0	0	0
	0	0	0	0	0	

Snack 2	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Cantaloupe	Cantaloupe	0	0	0	0	0
		0	0	0	0	0

Salad	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Quinoa Beans Salad	Quinoa	1	0	0	0	0
	Pomegranate	1	0	0	0	0
	Olive oil	9	0	0	1	0
	Green beans	0	0	0	0	0
	Lemon	0	0	0	0	0
	Corn	0	0	0	0	0
Bell Pepper	0	0	0	0	0	
	11	0	0	1	0	

Dinner	Composition	Kcal	Proteins (g)	Cabs (g)	Fats (g)	Fibers (g)
Chicken Roll	Chicken	1	0	0	0	0
	Sweet Potato	1	0	0	0	0
	LF Mozzarella Cheese	0	0	0	0	0
	Zaatar	0	0	0	0	0
	Tomato Sauce	0	0	0	0	0
	Mushroom	0	0	0	0	0