



## CLASSIC WEIGHT LOSS PLAN

27th - 3rd December

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Beetroot waffles with chocolate sauce	Garlic shrimp stir fry with rice	Healthy Chicken Caesar salad	Chocolate pistachio thumbprint cookie	Red Scarlatta <i>(beetroot, carrot, orange)</i>
TUESDAY	Korean omelette	Creamy chicken - baby marrow pasta	Beef stew with brown rice	Pineapple cake	Green Morning <i>(green apple, mint, cucumber, spinach)</i>
WEDNESDAY	Mango protein overnights oats	Brazilian fish stew with Quinoa	Chicken with shiitake mushroom & mashed potato	Sesame protein balls	Citrus <i>(strawberries, orange, lemon)</i>
THURSDAY	Healthy spanish tortilla with green salad	Schezwan chicken rice noodles	Herbs chicken with grilled sweet potato	Roasted nuts	Iced Tea <i>(tea, apple, cinnamon)</i>
FRIDAY	Strawberries - almonds chia pudding	Creamy Cajun stuffed Salmon with couscous	Healthy Spanish grilled chicken & corn-beans	Berries granola bar	Citrus infused water <i>(grapefruit, pomegranate, orange)</i>
SATURDAY	Mexican scrambled eggs	Peanut butter chicken with rice	Beef Stir fry with quinoa	Rice cake with - Peanut butter	Sunset. <i>(carrot, orange, apple)</i>
SUNDAY	Banana pancakes	Kung Pao chicken noodles	Lemon & black pepper chicken with bulgur	Protein balls	Lemon mint <i>(lemon, mint)</i>