

SAMPLE MENU

Fat Loss - International (1000 - 1200 Calories)



Day 1

Day 2

Day 3

Day 4

Day 5

Breakfast

Maple Vanilla Chia Pudding

Scrambled Eggs with Mixed Mushrooms

Buckwheat Waffle

Baked Fritata with Mixed Peppers and Mozzarella Cheese

Yoghurt Jar with Maple Almond Granola and Berries

Lunch

Cajun Chicken Bowl with Zucchini, Pumpkin, Red Quinoa and Tomato Salsa

Beef Bulgogi with Broccoli and Jasmine Rice

Lamb Kofta with Dill Yoghurt Sauce,

Grilled Ras el Hanout Chicken with Garlic Labneh and Zucchini,

Beef Stew, cauli ricee, green beans

Snack

Orange Cashew Date Balls

Nutty Bar Bites

Tahini Brownie

Spiced mix nut

Peanut Butter Chocolate Chip Oatmeal

Dinner

Baked Nile Perch, Garlic Labneh, Grilled Zucchini

Grilled Chicken, Guacamole, roasted pumpkin

Grilled shrimp with harrisa hummus, zucchini

Baked Chicken Fajita with Mixed Peppers and Cajun Spiced Rice

Thai BBQ Marinate Chicken, carrot, PB

Macros

C:1244 **F:**62 **C:**59 **P:**100

C: 1260 **F:**74 **C:**65 **P:**94

C: 1287 **F:**63 **C:**77 **P:**107

C: 1156 **F:**64 **C:**63 **P:**89

C: 1265 **F:**67 **C:**52 **P:**102