Day 1

Day 2

Day 3

Day 4

Day 5

Day 6



200-400 Kcal one size

A strong start to the day to keep you sharp and fueled.



Tunacado sandwich



Chocolate Protein pancake



Best turkey Club ever



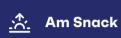
Mango sago



Loaded veggies Cheese omelette



Strawberry Cheesecake proats



50-250 Kcal one size

A mid-morning boost to maintain steady energy.



Lazy cake



Pesto hummus & Veggies sticks



Chocolate kiss cookies



Chocolatey strawberries



Coconut matcha balls



Pumpkin whipped feta With rosemary crackers



400-550 Kcal Regular

Balanced nourishment to stay focused and productive.



Beef penne pasta



Chicken pesto fusion



Salisbury steak



Tuscan chicken



Roasted pepper fish



Salmon quinoa bowl



100-300 Kcal one size

An afternoon recharge to power through the rest of your day.



Better than botox



Red velvet donut



Creamy peanut bombs



Strawberry lemonade



Superstar cheesecake



Almond chocolate Chia seeds pudding



300-450 Kcal Regular

A comforting finish that nourishes and satisfies.



Msakhan roll



Greek salad



Chicken quesadilla



Shrimps with zoodles



Mexican salad



Sfeeha meat pies



60-120 Kcal one size

Little extras that add color, crunch, and a nutrient boost.



Walnut rocca salad



Carrot soup



Spinach fatayer



Caesar side salad



Spring rolls



Oats and veggies soup