

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Breakfast

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

Am Snack

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

Lunch

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

Pm Snack

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

Dinner

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

Side

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

Disclaimer: This sample menu is intended to showcase the variety of meals and cuisines we offer. It does not necessarily reflect the exact options available during any specific week. Your actual menu will be tailored to your preferences, requirements, and selected plan.