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DAIRY FREE MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Zaatar Manouche	 Waffles	 Balila	 Chia Seed Bagel With Turkey & Crumberry Sauce	 Baked Falafel Wrap
Lunch	 Pumpkin Kibbeh	 Lentil Stew	 Lemon Summac Fish With Spiced Eggplant	 Frikeh	 Daoud Basha
Dinner	 Veggie Burger	 Tuna Bowl	 Chicken Quesadillas	 Chicken Kale Salad	 Beef Shawarma

DAIRY FREE MEAL PLAN
SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Burrito Salad	 Rocca Dried Fig Salad	 Beetroot Tabbouleh	 Harira Soup	 Crispy Broccoli Salad
	 Cauliflower Soup	 Detox Soup			

DAIRY FREE MEAL PLAN
SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Beetroot Hummus	 Energy Balls	 Kebbeh	 Musakhan Roll	 Baked Cinnamon Pineapple