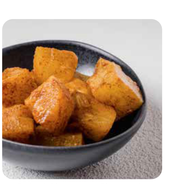
DIABETIC MEAL PLAN MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Zaatar Pancakes	 Oriental Breakfast	 Omelette	 Chia Seed Bagel With Turkey & Crumberry Sauce	 Blueberry Walnuts Overnight Oats
Lunch	 Walnut Crusted Salmon With Crispy Potato Wedges	 Shish Barak	 Peri Peri Chicken	 Mehshe Malfouf	 Barbecue Beef Stir Fried With Zoodles
Dinner	 Veggie Burger	 Tuna In Brown Baguette	 Tomato Basil Tart	 Shrimp And Crab Duo Salad	 Chicken Salad

DIABETIC MEAL PLAN SIDES

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

DIABETIC MEAL PLAN SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Beetroot Hummus	 Labneh Avocado Dip & Crackers	 Knefe Cheesecake Cups	 Kebbeh	 Baked Cinnamon Pineapple