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MAINTENANCE MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Sesame Kaak With Halloumi Cheese	 Sahlab	 Cheesecake Oats	 Mediterranean Omelette	 Pancakes
Lunch	 Walnut Crusted Salmon With Crispy Potato Wedges	 Pumpkin Kibbeh	 Frikeh	 Broccoli Pesto Pasta	 Beef Stuffed Artichokes
Dinner	 Basil Tomato Tart	 Chicken Quesadillas	 Beef Shawarma Plate	 Barbecue Shrimps Salad	 Tuna Bowl

MAINTENANCE MEAL PLAN
SIDES

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

MAINTENANCE MEAL PLAN
SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Lazy Cake	 Mhalabiyah With Dried Apricots Layer	 Kibbeh	 Knefe Cheescake Cups	 Green Detox