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WEIGHT LOSS MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Blueberry Cinnamon Roll	 Chia Seed Bagel With Turkey & Cranberry Sauce	 Balila	 Blueberry walnuts overnight oats	 Oriental Breakfast
Lunch	 Chicken With Pomegranate Sauce With Quinoa	 Stuffed Zucchini With Meat	 Stuffed Cabbage Rolls	 Salmon with arabic spices and tomato sauce	 Artichoke
Dinner	 Tomato Basil Tart	 Veggie Burger	 Tuna Bowl	 Chicken Fajita	 Chicken Kale Salad

WEIGHT LOSS 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		

WEIGHT LOSS MEAL PLAN
SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Truffle	 Labneh Avocado Dip & Crackers	 Knefe Cheescake Cups	 Lazy Cake	 Baked Cinnamon Pineapple