nutri

WORKOUT MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Omelette	 Baked Falafel Wraps	 Balila	 Lahm Baajin	 Blueberry Walnuts Overnight Oats
Lunch	 Zaatar Roasted Chicken	 Fish And Shrimp Cake	 Pepper Steak	 Peri Peri Chicken	 Barbecue Beef Stir Fried With Zoodles
Dinner	 Shrimp Crab Duo Salad	 Steak And Pasta	 Beef Shawarma	 Chicken Quesadillas	 Mixed Grill

WORKOUT 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		

WORKOUT MEAL PLAN
SNACKS

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