



*Nutrition by Heba Serour*

	Breakfast	Snack I	Lunch	Snack II	Dinner
Option I	2 Eggs Omelette 2 tsp Olive Oil/ 8g Lurpak 1 Slice of Cheddar 2 Slices Smoked Turkey 2 Brown Toast	Banana Espresso	200g Grilled Chicken 100 g Rice/Roasted Potatoes/Medium Sweet Potato/Pasta 1-2 Cups Steamed/Grilled Veggies Salad	12 Cashews OR Protein Bar	Chicken Caesar Salad
Option II	2 Eggs Omelette 2 tsp Olive Oil/ 8g Lurpak 1 Slice of Cheddar 2 Slices Smoked Turkey 2 Brown Toast	3 Dates Espresso	300g Grilled Salmon 100g Rice 1-2 Cups Steamed/ Grilled Veggies Salad	1 Protein Bar	100 g Chicken 50 g Quinoa Salad
Option III	1/2 Baladi Bread Foul	Scrunch Dark Chocolate Espresso	200 g Lean Steak 100 g Rice/ Mashed Potatoes 1-2 Cups Steamed/Grilled Veggies Salad	3 Dried Apricot	Tuna Salad 1 Canned Tuna 5-6 Tbsp Red Kidney Beans 1/2 cup Sweet corn 1 Tbsp Light Mayo

**2 Week Meal Plan**