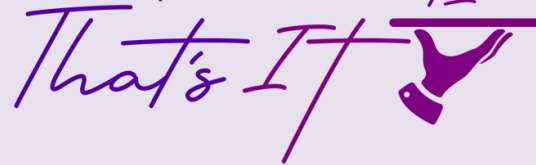


MEAL PLAN MENU SILVER PACKAGE - OCTOBER 2025

Available in Vegetarian or Non-Vegetarian
Week 1 and Week 3

"Eat Well, Live Well"



	BREAKFAST	LUNCH	DINNER	SNACK - 1	SNACK - 2
Sun	Omelette with Toast Chicken Sausage/Halloumi	Quesadilla Roll Protein Options :- Chicken or Tofu	Caesar Salad Protein Options :- Chicken/Mushroom & Marrow	Seasonal Fruit Skewers	Cheese Chilli Toast
Mon	Slider with Protein Patty Chicken/Veg	Gourmet Light Mushroom Penne Protein Options: Chicken/Mushroom & Marrow	Creamy Chickpeas with Turmeric Rice Protein Options:- Fish/Tofu	Roasted Beet & Lentil Dip with Veggies	Protein Sushi Chicken/Shrimps/ Veg
Tue	Egg Menemen with Arabic Bread Egg/Cottage Cheese	Quinoa & Coconut Sauce Protein Options :- Chicken/Edamame	Lemon Protein with Crispy Potato Protein Options :- Chicken/Edamame	Crispy Protein Chicken/Veg	Banana Bread Veg/Egg
Wed	Pan-Seared Loaf with Chunky Eggs & Tomato Sauce Chicken/Egg	Jasmine Rice & Protein Chilli Protein Options :- Chicken/Tofu	Protein Souvlaki with Tzatziki Sauce Protein Options:- Fish/Cottage Cheese	Pumpkin Pudding	Nuggets Chicken/Cottage Cheese
Thu	Steamed Chickpea Cake	Grilled Cajun Protein with Sauted Vegetables Protein Options:- Fish/Cottage Cheese	Steamed Rice with Grilled Protein Protein Options:- Chicken/Cottage Cheese	Blueberry Muffins Egg/Veg	Strawberry Smoothie
Fri	Bircher Muselli	Maqluba Protein options:- Fish/Halloumi Cheese	Protein Hakka Noodles Protein Options:- Chicken/Tofu	Green Goodness	Cutlet Fish/Vegetable
Sat	English Breakfast Veg/Non-Veg	Lentil & Mixed Greens with fruits Protein Options:- Chicken/Edamame	Protein Tikka with Saffron Rice Protein Options:- Chicken/Cottage Cheese	Paleo Collard Burrito Veg/Chicken	Oriental Sweet Corn Soup Veg/Chicken

MEAL PLAN MENU SILVER PACKAGE - OCTOBER 2025

Available in Vegetarian or Non-Vegetarian

Week 2 and Week 4

"Eat Well, Live Well"

That's It



	BREAKFAST	LUNCH	DINNER	SNACK - 1	SNACK - 2
Sun	Avocado Toast Veg/Egg	Kadai Protein with Roti Protein Options:- Chicken/Marrow & Lentils	Baby corn, Chickpea & Pomegranate Salad Protein Options:- Tuna/Cottage Cheese	Walnut Brownie Egg/Veg	Healthy Juice
Mon	Protein Tikka Wrap Chicken/Veg	Butternut Crusted Protein Protein Options:- Fish/Veg	Artichoke Dip Pasta with Spinach Protein Options:- Edamame/Chicken	Dumplings Veg/Chicken	Berry Chia Pudding
Tue	Egg and Avocado Veg/Egg	Guilt-Free Butter Masala & Rice Protein Options:- Fish/Tofu	Penne Arabita Protein Options:- Shrimp/Mushroom	Celery Sticks with Cream Cheese	Asian Roll with Savory Sauce Veg/Chicken
Wed	Banana Honey Bowl	Green Goddess Salad with Chickpeas & Beans Protein Options:- Fish/Tofu	Comfort Macaroni Protein Options:- Chicken/Mushroom	Mango Smoothie	Ranch Zucchini Fritters Egg/Veg
Thu	Mediterranean Sandwich Chicken/Veg	Tex-Mex Burrito Bowl Protein Options:- Shrimp/Edamame	Wok Fried Noodles with Protein Protein Options:- Chicken/Tofu	Croquettes Veg/Chicken	Avocado Smoothie
Fri	Sauteed Cauliflower and Potato with Bread	Shainsha Basha Protein Options:- Chicken/Cottage Cheese	Pepper Pasta with Kale & Sausages Protein Options:- Chicken/Edamame	Spinach Fatayer	Baked Falafel Bites
Sat	Marrow Quiche Egg/Veg	Spinach Tortilla Roll Protein Options:- Chicken/Halloumi	Green Curry with Red Rice Protein Options:- Fish/Cottage Cheese	Granola Bites	Grilled Avocado Tempura