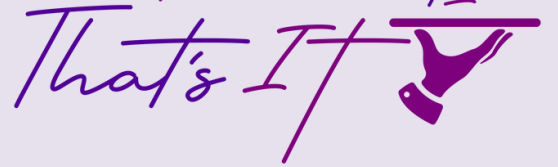


# MEAL PLAN MENU SILVER PACKAGE - MAY 2025

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

"Eat Well, Live Well"



	BREAKFAST	LUNCH	DINNER	SNACK - 1	SNACK - 2
Sun	Grilled Tuna Sandwich	Pesto Fusilli Pasta Protein Options :- Shrimp or Edamame	Lentil Salad Protein Options :- Chicken/Cottage Cheese	Edamame with Sea Salt	Sushi
Mon	Foul Madames with Arabic Bread	Spaghetti Bolognese Protein Options:- Chicken/Cottage Cheese	Baked Protein with Veggies Protein Options:- Fish/Cottage Cheese	Zucchini Fritters	Buffalo Cauliflower Pops
Tue	Semolina with Vegetables	Lemon Protein & Crispy Potato Protein Options:- Fish/Tofu	Kadai Protein with Ragi Roti Protein Options :- Chicken/Cottage Cheese	Peanut Butter Toast	Spicy Baked Chicken Wings
Wed	Berry Chia Pudding Parfait	Protein Kabsa Protein Options :- Chicken/Cottage Cheese	Harvest Bowl Protein Options:- Fish/Tofu	Mix Berry Smoothie	Walnut Brownie
Thu	Sauteed Cauliflower with Bread	Shepherds Pie Protein Options :- Chicken/Lentil	Ratatouille with Baked Protein Protein Options:- Fish/Cottage Cheese	Cajun Protein Tomato Cucumber: Chicken/Veg	Musakan Egg Roll
Fri	Avocado Sliders	BBQ Protein Mac and Cheese Protein options:- Chicken/Edamame	Goan Protein Curry with Steamed Rice Protein Options:- Fish/Cottage Cheese	Cauliflower Taco	Cherry Tomato Empanadas with Chilli Lime Mayo
Sat	Spinach Corn Frittata	Falafel Protein Spinach Tortilla Protein Options:- Chicken/Chickpeas	Protein Souvlaki with Tzatziki Protein Options:- Fish/Cottage Cheese	Corn Cake	Voodoo Protein: Chicken/Cottage Cheese

# MEAL PLAN MENU SILVER

## PACKAGE - MAY 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	Shakshuka	Poutine Protein Options:- Chicken/Cottage Cheese	Black pepper Protein Curry with Lemon Rice Protein Options:- Shrimp/Cottage Cheese	Berry Pot	Avocado Egg roll
Mon	Toast Egg and Cheese	Protein methi with Veg Pulao Protein Options:- Chicken/Cottage Cheese	Russian Salad Protein Options:- Fish/Cottage Cheese	Hara Bhara Kabab	Cheese Chilli Toast
Tue	Paratha Roll with Aloo Bhaji	Protein Picatta with Roasted Veg Protein Options:- Chicken/Cottage Cheese	Mujadara Rice with Protein Protein Options:- Fish/Cottage Cheese	Fresh Fruits	Muhammara
Wed	Banana French Toast	Lasagna Protein Options:- Chicken/Mix Veg	Stir Fried Noodles Protein Options:- Shrimp/Beans	Chicken/Veg Croquettes	Mango Milk shake
Thu	Bircher Mueseli	Muglai Protein with Baked Rice Protein Options:- Chicken/Cottage Cheese	Southwest salad with Grilled protein Protein Options:- Fish/Feta Mozzarella	Avocado Smoothie	Mushroom Quiche
Fri	Black chana with Indian Bread	Leek and Potato Farfalle Pasta Protein Options:- Chicken/Edamame	Mousakka Protein Options:- Fish/Tofu	Vegetable Baked Wonton	Green Juice
Sat	Stuffed Omelette with Broccoli	Thai green Curry with Jasmine Rice Protein Options:- Fish/Tofu	Mushroom Rigatoni Protein Options:- Chicken/Broccoli	Spinach Dhokla	Potato Cheese Cube