

WEEKLY MEAL PLAN

BLIND

BREAKFAST

MONDAY



Pancakes with berries

TUESDAY



Avocado egg toast

WEDNESDAY THURSDAY



Overnight oats



Mango chia pudding

FRIDAY



Spinach feta egg muffins

LUNCH



Teriyaki beef with broccoli & rice



Thai basil chicken with jasmine rice



Chicken pesto pasta



Chicken shawarma rice bowl



Paneer tikka wrap with slaw

DINNER



Lemon herb grilled fish with quinoa tabbouleh



Chicken tikka salad with mint yogurt



Chicken kofta with roasted sweet potato



Beef chilli with brown rice



Mediterranean chickpea bowl with tahini

SNACK



Date energy bites



Apple + almond butter



Dark chocolate + nuts



Greek yogurt + berries



Cottage cheese + pineapple