

Sample Menu Sculpt Meal Plan

BREAKFAST

LUNCH

DINNER

Mon



Egg &
Guac Toast



Beef
Bibimbap



Creamy Sundried
Tomato Chicken

TUE



Strawberry &
Banana Waffle



Spicy & Tangy
Burrito Bowl



Steak
Power Bowl

WED



Coffee
Overnight Oats



Lemon Herb
Salmon Risotto



Chicken
Machboos

THU



Cheesy Egg
Quesadilla



Gluten Free
Chicken Sandwich



Chicken
shawarma bowl

FRI



Yogurt
Parfait



Chicken & Mango
Poke Bowl



Spaghetti
Bolognese

SAT



Blueberry Pancakes
with Cream Sauce



Chicken & Veggies
with Rice Noodles



Chicken
Cobb Salad

*Sample menu images are provided for illustrative purpose. Actual items may vary.

Sample Menu Snacks

AM

PM

Mon



Multi Seed Crackers & Guac Sauce



Charcoal Lemonade

TUE



Chocolate Cinnamon Balls



Texas Chopped Salad

WED



Chicken Nuggets



Sweet Corn Soup

THU



Fattoush Salad



Rocky Road Brownie

FRI



Broccoli & Leek Soup



Peanut Butter Cups

SAT



Vanilla & Cranberry Balls



Apple, Beetroot & Carrot Juice

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