

BALANCE LIVING PLAN

Calorie: 1600-1800

Week 2 June 2021



Days	Breakfast			Lunch			Dinner			After Snack	Pre-Snack
	Option 1	Option 2	Option 3	Option 1	Option 2	Option 3	Option 1	Option 2	Option 3		
Sunday	GREEN SHAKSHUKA (E) + FRENCH BAGUETTE (G) + FENUGREEK SEED DETOX WATER	MANGO AND TURMERIC OATMEAL WITH PROTEIN POWDER IN ALMOND MILK (N) + FENUGREEK SEED DETOX	SAVOURY VEGETABLE RICE (PONGAL) + TOMATO CHUTNEY + PROTEIN SHAKE	PASTA IN PINK SAUCE WITH SHREDDED CHICKEN AND VEGETABLES (G, D)	SRIRACHA AND ALMOND-CRUSTED FISH (F) + POTATO AND GREEN BEAN SALAD	TIKKA MASALA (D) + SPICED VEGETABLE RICE (PULAO) + GARLIC-FLAVOURED	ITALIAN CHICKEN MEATBALLS IN RED SAUCE (D) + SPAGHETTI	ITALIAN COTTAGE CHEESE BALLS IN RED SAUCE (D) + SPAGHETTI	BROKEN WHEAT PORRIDGE (KHICHI) + YOGHURT TEMPERE D WITH CHILI AND MUSTARD	APPLE AND OATMEAL CAKE SLICE	SEASONED EDAMAME
Monday	ZUCCHINI, BACON, AND EGG FRITTERS WITH MUSHROOM (E) + SPICY RED SAUCE + LEMON DETOX WATER	BANANA AND BERRY SMOOTHIE BOWL WITH PROTEIN POWDER IN ALMOND MILK (N) + LEMON DETOX WATER	MIXED VEGETABLE CREPE (UTTAPAM) + TOMATO CHUTNEY + BOILED EGGS (E) + LEMON DETOX WATER	CHIPOTLE CHICKEN STEW + BROWN RICE + SAUTEED VEGGIES	FISH MANCHURIA (N) (F) + VEGETABLE FRIED RICE	SPICED CHICKPEA CURRY (CHOLE) + CUMIN RICE (ZEERA RICE) + OKRA MASALA (BHINDI) + SPICED BUTTERMILK (D) +	HERBED COTTAGE CHEESE WRAP (G, D) + GREEN SALAD	LEMON AND BUTTER SALMON (F, D) + ORZO SALAD WITH FETA AND SPINACH (D, G)	INDIAN-STYLE SPINACH AND TOFU VEGETABLE + MULTIGRAIN FLATBREAD (ROTI) + SPICED LENTIL SOUP + SALAD	PINEAPPLE WITH SUNFLOWER SEEDS	PROTEIN SHAKE IN ALMOND MILK (N)
Tuesday	SPINACH OMELETTE WITH TOMATO AND FETA SPREAD (E, D) + ROASTED POTATOES + CINNAMON DETOX WATER	GRAINOLA AND FRUIT PARFAIT (D, O) + CINNAMON DETOX WATER	VEGAN SAVORY FRENCH TOAST (G) + CORIANDER CHUTNEY (P) + CINNAMON DETOX WATER	ASIAN-STYLE STIR FRIED SHRIMP WITH BROCCOLI AND PEPPERS (S) + HAKKA NOODLES	VEGAN JAMBALAYA	INDIAN-STYLE SPICED CHICKEN ROLL (G) (KATHI ROLL) +	BEEF LASAGNA (G, D) + BABY SPINACH SALAD	SPINACH AND RICOTTA LASAGNA (D)+ LEMON AND	BUTTER GOURD DUMPLING CURRY (KOFTA) + QUINOA + SPROUT	FRUIT BOWL	MIXED NUT CHOCOLATE (N)
Wednesday	FOUL MEDAMES (E) + ARABIC BREAD (G) + CUMIN DETOX WATER	CARROT CAKE BAKED OATMEAL (O, D) + CUMIN DETOX WATER	SPICED VERMICELLI + PEANUT CHUTNEY (P) + CUMIN DETOX WATER	SPICY SHRIMP BURRITOS (S, G) + SALSA + SOUR CREAM (D)	KIDNEY BEANS MILLET BURGER (G, D) + GREEK SALAD	EGG ROAST BIRYANI (E) + CUCUMBER YOGHURT (RAITA) (D)	BAKED KAFTA WITH EGGPLANT AND TOMATO SAUCE (SY) + ROASTED BELL PEPPER COUSCOUS	AND GARLIC BUTTER CHICKEN SKILLET (D) + ROASTED GREEN	PEPPER STUFFED WITH COTTAGE CHEESE (D) + ROASTED GREEN	SEASONED POPCORN	HUMMUS DIPPERS (SS)

Thursday	GARLIC, SPINACH, AND PARMESAN FRITTATA (E, D) + SALSA + FRUIT BOWL	BANANA AND OATMEAL PANCAKE WITH PROTEIN POWDER (O, N) + FRUIT BOWL	FLATBREAD STUFFED WITH MIXED VEGETABLE (PARATHA) + YOGHURT + FRUIT BOWL	VEG THAI YELLOW CURRY (N, SY) + PAD THAI NOODLES	CHICKEN THAI YELLOW CURRY (N, SY) + PAD THAI NOODLES	YOGHURT CURRY (D) (DAHI KADHI) + RICE + EGGPLANT STUFFED WITH	SHISH TAWOOK + TAHINI (SS) + ROCCA AND FETA SALAD (D)	BASE PIZZA WITH PESTO AND SOYA (N, SY) + ROASTED CHERRY	TANDOORI FISH WRAP (F, G) + LACCHA SALAD	WATERM ELON WITH CHIA SEEDS	ROASTED CHICKPEA
Saturday	EGG, CHICKEN AND CHEDDAR MUFFIN (E, D) + SALSA + FRUIT BOWL	VEGAN BUCKWHEAT CREPE WITH BANANA AND STRAWBERRY (N) + SUGAR-FREE MAPLE SYRUP + PROTEIN	BEAN SPROUTS AND HUMMUS WRAP + PROTEIN SHAKE IN ALMOND MILK (D, N)	CHICKEN STROGANOFF (D) + WHOLE WHEAT PASTA (G) + STEAMED VEGGIES	SPINACH RICE + MIXED VEGETABLE IN PAPRIKA SAUCE (D)	KERALA-STYLE CHICKEN MASALA + MULTIGRAIN FLATBREAD (ROTI) + ASH	VEGETABLE SUB (D) + HEARTY SUMMER SALAD (D)	BRAZILIAN FISH STEW + BROWN RICE + SAUTEED VEGGIES	INDIAN-STYLE SPIECED TARO (MASALA ARBI) + MILLET ROTI + MOONG	NO-BAKE BROWNIE BITES (N)	BEETROOT MOUTABAL WITH PITA CRACKERS (SS, G)
Allergy: Peanuts = P, Oats = O, Gluten = G, Shellfish = S, Dairy = D, Treenut = N, Sesame seeds = Ss, Egg = E, Soya = Sy, Fish = F, Mustard = M, Celery = C											