



WEEKLY MEAL PLAN 1

MEAL TYPE	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Meal 1 Choose Any One	<ul style="list-style-type: none"> Oatmeal Banana Oatmeal Peanut Butter Oatmeal Cocoa 	<ul style="list-style-type: none"> Hot & Cheesy Scrambled Egg Croissant Cheesy Swish Scrambled Egg Croissant Delegant Omelet With Croissant 	<ul style="list-style-type: none"> Pancake Cornflakes With Milk Avocado Egg on Toast 	<ul style="list-style-type: none"> Healthy Avocado Toast Classic Granola Bowl Fuel Bowl 	<ul style="list-style-type: none"> Club Sandwich Steak Sandwich DT Spicy Tunacado Sandwich 	<ul style="list-style-type: none"> Omelet sandwich healthy avocado club Egg Roll
Meal 2 Choose Any One	<ul style="list-style-type: none"> Shrimp Risotto BBQ Chicken With Rice Baked Spicy Chicken Risotto 	<ul style="list-style-type: none"> Grill Chicken With Mushroom Sauce Veggie Chicken Chicken Strips Meal 	<ul style="list-style-type: none"> Diet Time Beef Biryani Diet Time Chicken Biryani Saffron Chicken Risotto 	<ul style="list-style-type: none"> Creamy Spinach With Rice Healthy shrimp Mash Bowl Healthy Chicken Mash Bowl 	<ul style="list-style-type: none"> Butter Shrimp With Rice butter chicken with rice Margarita Pizza 	<ul style="list-style-type: none"> Pepperoni Pizza Mix Sauce Pasta Alfredo White Pasta
Meal 3 Choose Any One	<ul style="list-style-type: none"> Fattoush Salad Chicken Ranch Salad High Protein Bowl 	<ul style="list-style-type: none"> Crab Salad Chicken Ranch Salad Chicken Guacamole 	<ul style="list-style-type: none"> Chicken Fajita Spicy Chicken Twister Dynamic Shrimp Wrap 	<ul style="list-style-type: none"> Grill Chicken With Mushroom Sauce BBQ Chicken With Rice Baked Spicy Chicken Risotto 	<ul style="list-style-type: none"> Grill Chicken With Mushroom Sauce Saffron Chicken Risotto Creamy Spinach With Rice 	<ul style="list-style-type: none"> Healthy shrimp Mash Bowl Healthy Chicken Mash Bowl Fit Beef Wrap
Snack / Dessert Choose Any One	<ul style="list-style-type: none"> Mushroom Soup Carrot Soup Broccoli Soup Tiramisu 	<ul style="list-style-type: none"> Dark Chocolate Cookies Chocolate Panna Cotta Chocolate Chip Cookie Healthy Beetroot Halwa 	<ul style="list-style-type: none"> Greek Yogurt With Granola DT cheese cake Healthy Chicken Popcorn Honey Garlic Shrimp 	<ul style="list-style-type: none"> Mushroom Soup Carrot Soup Broccoli Soup Tiramisu 	<ul style="list-style-type: none"> Dark Chocolate Cookies Chocolate Panna Cotta Chocolate Chip Cookie Healthy Beetroot Halwa 	<ul style="list-style-type: none"> Greek Yogurt With Granola DT cheese cake Healthy Chicken Popcorn Honey Garlic Shrimp

Customer Selection Guide:

- Meal 1: Choose only 1 item from 3 options daily
- Meal 2: Choose only 1 item from 3 options daily
- Meal 3: Choose only 1 item from 3 options daily
- Snack / Dessert: Choose only 1 item from 4 options daily