



# WEEKLY MEAL PLAN 3

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

## 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