



# WEEKLY MEAL PLAN 4

MEAL TYPE	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Meal 1</b> Choose Any One	<ul style="list-style-type: none"> <li>• Paneer buuter with rice</li> <li>• Cornflakes With Milk</li> <li>• Avocado Egg on Toast</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>• Omelet sandwich</li> <li>• healthy avocado club</li> <li>• Egg Roll</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>• Diet Time Beef Biryani</li> <li>• Diet Time Chicken Biryani</li> <li>• Saffron Chicken Risotto</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>• Shrimp Risotto</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>• 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>• Chicken Fajita</li> <li>• Spicy Chicken Twister</li> <li>• Dynamic Shrimp Wrap</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>• Chicken Fajita</li> <li>• Spicy Chicken Twister</li> <li>• Dynamic Shrimp 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>• 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>• 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>• 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