

Colour My Plate Standard/Basic Weekly Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	flourless banana pancakes	egg white omelet with black beans and tomato	feta cheese with veggies on toast	zucchini corn carrot fritters with roasted tomato	zaatar manaeesh with fresh cut veggies	orange vanilla granola parfait
Snack	fruit	fruit	fruit	fruit	fruit	fruit
Appetizer	mixed green salad with lemon oil	fattoush salad	mixed greens salad	sauteed green beans with slivered almonds	minestrone soup	mixed green salad with honey mustard dressing
Lunch	kafta with potato in oven	Chicken Biryani with yellow rice and raita	salmon teriyaki with stirfry veg and noodle	caribbean lamb curry with fragrant rice	mexican chicken with green rice and corn	creamy chicken in mushroom sauce with root veggies
Afternoon Snack	almond butter stuffed dates with chocolate drizzle	apple cinnamon cookies	chewy chocolate chip banana cookie	chocolate peanut butter chia bars	almond butter with celery sticks	egg and protein pot
Appetizer	corn and coconut soup	turmeric zucchini	cauliflower soup	sweet potato and butternut soup	coleslaw raisin salad	cooked veggies
Dinner	hawaiian bbq chicken bowl	beef shawarma with veggies and potato	zaatar crusted chicken tabbouleh salad in pomegranate dressing	breaded fish fingers with carrots and green pea mash	mediterranean beef burger with caramelized onion	harissa prawn salad with pomegranate molasses dressing