

	Monday
Breakfast	2 slices Whole Grain bread + 1 boiled egg
	Shake (dates + dry Fruits)
Lunch	Salad
Snack	Fruit/Wheatable Biscuit
Dinner	Chicken Tikka Sandwich
	Tuesday
Breakfast	Oats Porridge
	Shake (dates + dry Fruits)
Lunch	Roti
Snack	Fruit/Wheatable Biscuit
Dinner	Chicken shaami kabab grilled in olive oil sandwich
	Wednesday
Breakfast	Roti + omlette
Lunch	Fruit
Snack	Shake (dates + dry Fruits)
Dinner	Chicken Tikka + Egge sandwich
	Thursday
Breakfast	Oats Porridge
	Shake (dates + dry Fruits)
Lunch	Roti
Snack	Fruit/Wheatable Biscuit
Dinner	Chicken shaami kabab grilled in olive oil sandwich
	Friday
Breakfast	2 slices Whole Grain bread + 1 boiled egg
	Shake (dates + dry Fruits)
Lunch	Salad
Snack	Fruit/Wheatable Biscuit
Dinner	Chicken Tikka Sanwich
	Saturday
Breakfast	Oats Porridge
Lunch	Roti
Snack	-
Dinner	Roti
	Sunday
Breakfast	Oats Porridge
Lunch	Roti
Snack	-
Dinner	Roti