

















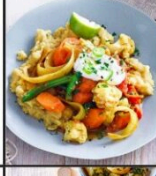



# SMART MEAL PLAN



## MEALS

A smart meal plan includes nutrient-dense foods that support overall health and energy. Start with avocado toast and a poached egg for breakfast, paired with Greek yogurt for protein. For lunch, a grilled chicken salad with quinoa and olive oil offers balanced nutrients, while hummus with veggie sticks makes for a light snack.



	breakfast		lunch		dinner	
<b>sunday</b>		Healthy shakshuka		Summer fish stew		Lamb dopiaza
<b>monday</b>		Homemade muesli with oats, dates & berries		Minted pea, goat's cheese & spinach wraps		Summer fish stew
<b>tuesday</b>		Peach & orange yogurt pots with ginger oats		Aubergine rocket salad with goat's cheese		One-pot chicken with quinoa
<b>wednesday</b>		Homemade muesli with oats, dates & berries		Summer bean & bulgur soup		Coriander salmon with curried quinoa & pomegranate
<b>thursday</b>		Peach & orange yogurt pots with ginger oats		Coriander salmon with curried quinoa & pomegranate		Aubergine arrabbiata pasta
<b>friday</b>		Berry bircher		Mint & basil griddled peach salad		Sweet potato dhal with curried vegetables
<b>saturday</b>		Poached eggs with broccoli, tomatoes & wholemeal flatbread		Sweet potato dhal with curried vegetables		Lemony chicken skewers, herbed new potatoes & apple coleslaw

## Dietary preferences and nutritional

Dietary preferences refer to the choices individuals make regarding what they eat based on factors such as health, ethics, culture, and personal taste. They

can range from preferences for specific food groups to avoidance of certain ingredients.

## \*Food intolerance & allergies

We consider your food intolerance and allergies ensuring a safe and enjoyable meal planning experience .

## \*Dietary restrictions

Whether you are vegetarian, vegan, or follow specific dietary guidelines, our smart meal planner caters to your needs.

## \*Nutritional needs

Our platform allows you to set nutritional goals, such as protein intake, calorie targets, or macro ratios.

# Weight Loss, Muscle Gain, and Dietary Restrictions

Provides calorie-controlled meal plans  
and recipes for safe and effective  
weight loss.





# Muscle gain

Offers protein-rich meal plans and recipes to support muscle growth and repair.



# Dietary restrictions

Caters to various restrictions, including vegetarian, , gluten-free, dairy-free, and more.

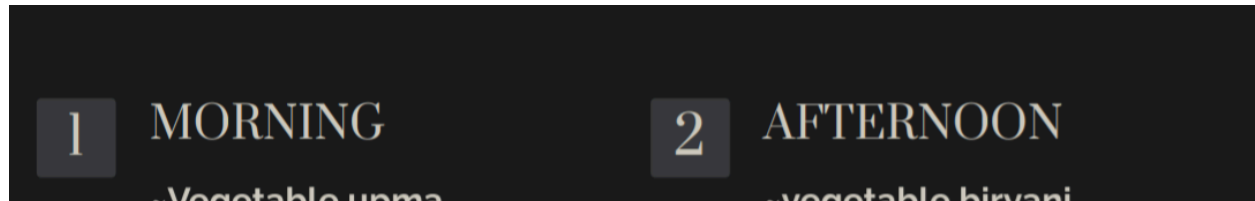
Watch the video for more information:

0:00 / 1:07



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# Recipe suggestions



Eat healthy be safe

If you need more information about these.

contact us:

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VEG

NON VEG

BOTH VEG AND NON VEG

## Smart meal plan

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