



Chef Hala

Chef Hala Plan (1100-1300 Calories per day) A TYPICAL WEEK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p>POMEGRANATE OVERNIGHT OATS</p> <p>Cheesecake oats made with labneh, honey and lemon zest, topped with pomegranate seeds.</p>	<p>POTATO EGGAH</p> <p>Baked egg casserole with cheese, potato, white beans and spring onion.</p>	<p>FALAFEL LOAF ARABIAN SIDE SALAD</p> <p>Baked falafel flavored gluten free bread made with chickpeas, whole eggs, spices, low fat yoghurt, tahini, mozzarella cheese, chopped leeks and parsley, sesame seeds and a hint of lemon.</p>	<p>BOILED EGGS WITH LABNEH AND PROTEIN BREAD</p> <p>Boiled egg with fresh sliced cucumber, tomatoes, green olives, protein bread and labneh with zaatar.</p>	<p>FOUL MOUDAMES</p> <p>Traditional foul moudames with Arabic bread and light salad.</p>
AM SNACK	<p>SHRIMP SAMBOSAK</p> <p>Shrimps with green and red capsicum, tomatoes, onions and cumin wrapped in samosa leaves and baked to perfection.</p>	<p>THYME HUMMUS WITH CUCUMBER</p> <p>Thyme hummus with cucumber sticks.</p>	<p>LABNEH AND THYME MINI PIZZA</p> <p>Mini whole wheat and almond flour manakish topped with labneh.</p>	<p>FRUIT & MINT SALAD</p> <p>Fresh kiwi, strawberries, green grapes and black berries with sweet lemon and mint sauce.</p>	<p>YOGHURT WITH STRAWBERRY AND PISTACHIO</p> <p>Vanilla yoghurt with chopped strawberries, honey and pistachios.</p>
LUNCH	<p>CREAMY GINGER CHICKEN</p> <p>Chicken breast cubes in creamy ginger sauce.</p>	<p>SHRIMP KIBBEH BIL SANIEH</p> <p>Shrimp mixed with walnuts, tomato, celery, garlic and coriander, topped with spicy mashed potato with burgul.</p>	<p>SPAGHETTI WITH SPICY MEAT SAUCE</p> <p>Whole wheat spaghetti with flavorful beef in tomato sauce.</p>	<p>OVEN BAKED CHICKEN SALAD</p> <p>Mixed greens salad with shredded cabbage, capsicum and onion topped with baked chicken breast cubes and lemon dressing.</p>	<p>CHICKEN SHAWARMA</p> <p>Chicken shawarma with gherkins, garlic sauce wrapped in a whole wheat tortilla. Served with extra homemade garlic sauce.</p>
PM SNACK	<p>BARAZEK</p> <p>A healthy version of traditional barazek made with whole wheat flour, skimmed milk, coconut sugar and coconut oil coated with honey, rose water, sesame seeds and pistachios.</p>	<p>PUMPKIN, SUNFLOWER SEED DATE BITES</p> <p>Peanut butter, chocolate protein powder, oats, almond powder, sunflower seeds, pumpkin seeds, date paste and almond milk rolled into bites.</p>	<p>ALMOND PISTACHIO COOKIES</p> <p>Soft Cookies made of ground almonds, pistachios, cardamom and sweet potato, drizzled with dark chocolate.</p>	<p>COCONUT COOKIES</p> <p>Coconut cookies made with almond flour, honey and orange zest.</p>	<p>ALMOND TREATS</p> <p>Chopped dates and almonds, almond powder, honey, vanilla, cinnamon and rose water.</p>
DINNER	<p>ARABIAN BEEF BIRYANI</p> <p>Arabian spiced beef biryani with raisins, almond slice and chopped boiled eggs, served on spiced brown rice.</p> <p>HUMMUS SIDE SALAD</p> <p>Chickpeas, chopped tomato, fresh parsley, spring onion, diced cucumber, chopped walnut and iceberg lettuce, with a spicy lemon vinaigrette.</p>	<p>CHICKEN MAKLOUBEH</p> <p>Chunks of roasted chicken breast marinated in garlic, tomato, cumin, coriander and Arabic spices, served with roasted cauliflower, eggplant, potato and tomato flavored rice. With yoghurt and cucumber sauce.</p> <p>ROCCA SIDE SALAD</p> <p>Rocca leaves, sliced tomato, spring onion, fresh mint and sumac with a lemon vinaigrette.</p>	<p>GINGER & PAPRIKA CHICKEN</p> <p>Chicken breast cubes marinated with ginger, paprika, garlic and arabic spices, served with steamed pumpkin, broccoli and zucchini with homemade ketchup for dipping.</p> <p>EGG FRIED BROWN RICE</p> <p>Brown rice with egg, onion, garlic, soy sauce, sautéed carrot, red capsicum.</p>	<p>ZAATAR BAKED SALMON</p> <p>Salmon fillet coated in zaatar, served with roasted potato, cherry tomatoes and broccoli.</p> <p>SWEET POTATO, WALNUT AND QUINOA SALAD</p> <p>Quinoa, rocca leaves, onion, walnuts, raisins, roast sweet potato and balsamic dressing.</p>	<p>BUHARAT RUBBED BEEF</p> <p>Spiced rubbed beef with pumpkin and figs.</p> <p>OVEN ROASTED VEGETABLES</p> <p>Oven roasted zucchini, onion, potato, sweet potato and carrot.</p>

This is just one of thousands of menu combinations, you can easily make changes to your plan using your personal dashboard, putting you in control of what you eat.