



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.

# Diabetic Plan (1000-1300 Calories per day) A TYPICAL WEEK

|           | DAY 1                                                                                                                                                                                                                                                                                                                                     | DAY 2                                                                                                                                                                                                                                                            | DAY 3                                                                                                                                                                                                                     | DAY 4                                                                                                                                                                                                                                                        | DAY 5                                                                                                                                                                                                                                                                                                                         |
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| BREAKFAST | <p><b>OMELETTE WITH CHEESE ROAST TURKEY AND MUSHROOM</b></p> <p>Omelette made with roasted turkey breast, mushrooms, mozzarella and emmental cheese.</p>                                                                                                                                                                                  | <p><b>KCAL RASPBERRY PANCAKE</b></p> <p>High protein pancakes made with almond flour, raspberry puree, coconut, skim milk, egg white, cinnamon, and vanilla whey protein powder. Served with vanilla yoghurt topping.</p>                                        | <p><b>CINNAMON, NUT &amp; SEED GRANOLA WITH STRAWBERRY YOGHURT</b></p> <p>Granola made with almond slices, pumpkin seeds, chopped pecans, cinnamon, and honey, alongside strawberry yoghurt.</p>                          | <p><b>CLOUDY FETA EGGS</b></p> <p>Whole eggs with finely chopped red capsicum, chives, feta and parmesan cheese.</p>                                                                                                                                         | <p><b>HEALTHY ZUCCHINI CAKE</b></p> <p>Breakfast cakes made with grated green and yellow zucchini, eggs and almond flour.</p>                                                                                                                                                                                                 |
| AM SNACK  | <p><b>PINEAPPLE GUACAMOLE WITH VEGGIE STICKS</b></p> <p>Guacamole made with mashed pineapple, served with carrot and cucumber sticks for dipping.</p>                                                                                                                                                                                     | <p><b>COCOA WALNUT</b></p> <p>Roasted walnuts with raw cocoa and honey.</p>                                                                                                                                                                                      | <p><b>CHICKEN AND SPINACH PIZZA</b></p> <p>Gluten-free cauliflower and parmesan pizza crust topped with homemade tomato sauce, shawarma chicken, sauteed spinach and mozzarella cheese.</p>                               | <p><b>BASIL LABNEH DIP WITH GF ALMOND STICKS</b></p> <p>Mince chicken with fresh basil, diced green apple, red onion and garlic rolled up into bites. Served with homemade cranberry sauce.</p>                                                              | <p><b>MIXED FRUIT</b></p> <p>Freshly chopped strawberry, kiwi and watermelon.</p>                                                                                                                                                                                                                                             |
| LUNCH     | <p><b>GRILLED CHICKEN BRUSCHETTA</b></p> <p>Sliced chicken breast topped with sundried tomatoes, garlic, fresh basil, oregano, cherry tomatoes and melted mozzarella, served with steamed asparagus and cherry tomato side.</p>                                                                                                           | <p><b>TEX MEX TURKEY SOUP</b></p> <p>Spicy Mexican inspired soup with shredded turkey breast, black beans, chopped tomato, yellow corn, garlic, onions, fresh herbs, low fat cream, and cheddar cheese.</p>                                                      | <p><b>TUNA SALAD</b></p> <p>Mixed greens, tossed with steamed green beans, boiled egg whites, green capsicum, cherry tomatoes, boiled potatoes and capers with balsamic dressing, and side of olive oil infused tuna.</p> | <p><b>SPINACH AND BEEF STEW</b></p> <p>Spinach, mince beef, garlic, onion, lemon and coriander. Topped with roast pine nuts.</p>                                                                                                                             | <p><b>CAYENNE PEPPER SALMON SERVED WITH RATATOUILLE</b></p> <p>Salmon fillet on a bed of spicy vegetable ratatouille garnished with parmesan cheese.</p>                                                                                                                                                                      |
| PM SNACK  | <p><b>KCAL SUNFLOWER BROWNIE</b></p> <p>Almond flour, chopped sunflower seeds, nutmeg, cinnamon powder, honey and egg white.</p>                                                                                                                                                                                                          | <p><b>WATERMELON</b></p> <p>Fresh watermelon cubes.</p>                                                                                                                                                                                                          | <p><b>ROASTED PUMPKIN DIP WITH CARROT STICKS</b></p> <p>Roasted tomato and pumpkin seed dip served with carrot sticks.</p>                                                                                                | <p><b>MINI TRIPLE CHOCO CAKE</b></p> <p>Two-bite chocolate cake, with soft crust made of walnuts, dates, chocolate and honey, and a rich filling made of cashews, coconut oil, and chocolate. Garnished with a golden walnut crown and shredded coconut.</p> | <p><b>MEDITERRANEAN ROLL</b></p> <p>Two thin slices of grilled eggplant, stuffed with feta cheese, fresh basil and sun dried tomato.</p>                                                                                                                                                                                      |
| DINNER    | <p><b>SPICY FISH</b></p> <p>Tilapia fillet, red and green capsicum in spicy tomato and herb sauce, garnished with roasted pine nuts.</p> <p><b>RED QUINOA TABBOULEH</b></p> <p>Tabbouleh with red quinoa, tomatoes, onions, red capsicum, cucumber, fresh parsley and mint leaves, olive oil, lemon juice and grilled halloumi cubes.</p> | <p><b>BEMIEH WITH BEEF</b></p> <p>Traditional stew with cubes of lean beef, homemade tomato sauce, okra, capsicum, onions, garlic and Arabic spices.</p> <p><b>MIXED GREEN SIDE</b></p> <p>Mixed greens, tomatoes, cucumber with lemon vinaigrette dressing.</p> | <p><b>CHICKEN STRIPS WITH CHIPOTLE SAUCE</b></p> <p>Chicken strips with chipotle chili, sundried tomatoes, black beans, bell peppers, baby corn, ginger and roasted almonds.</p> <p><b>BROCCOLI</b></p>                   | <p><b>SHRIMP TAJINE</b></p> <p>Cumin seasoned jumbo shrimps covered in tahini lemon sauce and served with cauliflower citrus couscous.</p> <p><b>GREEN BEANS</b></p>                                                                                         | <p><b>CHICKEN KOFTA WITH YOGHURT SAUCE</b></p> <p>Arabic seasoned minced chicken meat balls, served with baked eggplant, zucchini and tzatziki sauce.</p> <p><b>RAISIN SIDE SALAD</b></p> <p>Frisee, lollo rosso, with green beans, snow peas, bean sprouts, chopped mint leaves, raisins, sumac and a lemon vinaigrette.</p> |