



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.

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p>OMELETTE WITH CHEESE, MUSHROOM AND PEPPER WITH LABNEH</p> <p>Omelette made with sautéed red capsicum, mushrooms, mozzarella and emmental cheese, served with labneh with zaatar.</p>	<p>BERRY SMOOTHIE BOWL</p> <p>Creamy smoothie made with banana, berries and almond milk, topped with homemade nut and seed granola.</p>	<p>BREAKFAST PUMPKIN MUFFINS</p> <p>Gluten-free muffins made with pumpkin, almond flour, cottage cheese, whole eggs, red chili pepper and topped with sunflower seeds, black sesame seeds and parmesan cheese.</p>	<p>KCAL RASPBERRY PANCAKE</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>OATS & FRESH STRAWBERRY PUDDING</p> <p>High protein oats pudding made with skim milk, strawberries and vanilla whey protein powder.</p>
AM SNACK	<p>EGGPLANT NUGGETS WITH SOUTHWEST SAUCE</p> <p>Chunks of eggplant coated in almond and cajun spices served with homemade southwest sauce for dipping.</p>	<p>SUNDRIED TOMATO MUHAMMARA WITH CUCUMBER</p> <p>Muhammara dip made with sundried tomato, and cucumber sticks for dipping.</p>	<p>ALMOND 25G</p> <p>Mix of smoked, lemon and plain almonds.</p>	<p>MANGO YOGHURT WITH JICAMA</p> <p>Simple mango, yoghurt and sriracha dip served with jicama sticks.</p>	<p>CARROT & ZUCCHINI PIZZA</p> <p>Almond, flax seed and tapioca crust, topped with homemade tomato sauce, green and yellow shredded zucchini, grated carrot, rosemary and garlic.</p>
LUNCH	<p>SHRIMP TAJINE</p> <p>Cumin seasoned jumbo shrimps covered in tahini lemon sauce and served with cauliflower citrus couscous.</p>	<p>MEXICAN SWEET POTATO BOWL</p> <p>Roast sweet potato, topped with black beans, quinoa, corn, capsicum, onion and coriander. Served with spicy avocado tahini sauce.</p>	<p>HONEY MUSTARD SALMON WITH ROASTED BEANS</p> <p>Baked salmon marinated in honey mustard, garlic, lemon, and paprika, served with roasted green beans.</p>	<p>BBQ VEGGIE PIZZA CRUST</p> <p>Veggie pizza made with a zucchini pizza base with cheese BBQ sauce and vegetables.</p>	<p>LENTIL MUSHROOMS AND MASHED POTATOES</p> <p>Green lentils and mushrooms served with mashed potatoes with mint.</p>
PM SNACK	<p>RED VELVET CAKE</p> <p>Soft Chocolate cake topped with vanilla cream cheese frosting.</p>	<p>EXTRA DARK CHOCOLATE PUDDING</p> <p>Creamy dark chocolate pudding made with coconut milk, avocado, raisins, coco powder, coffee, mango, chocolate whey protein powder and chopped hazelnuts.</p>	<p>ORANGE SLICES</p> <p>Freshly sliced orange segments.</p>	<p>PALEO CHOCOLATE PISTACHIO BISCOTTI</p> <p>Gluten-free biscotti made with almond and coconut flour, chopped pistachios and dark chocolate.</p>	<p>PUMPKIN CHOCOLATE CHIP COOKIES</p> <p>Pumpkin, coconut oil, shredded coconut, cinnamon and dark chocolate chips, soft cookies.</p>
DINNER	<p>TOMATO BARLEY RISOTTO</p> <p>Risotto made with barley, diced onion, celery, capsicum, carrot and chopped tomato, topped with fresh parsley and caraway seeds.</p> <p>BAKED VEGETABLE VINAIGRETTE</p> <p>Baked capsicum, carrot, eggplant, and zucchini with rosemary and apple cider vinegar.</p>	<p>VEGGIE SPAGHETTI BOLOGNESE</p> <p>Whole wheat spaghetti to accompany a vegetarian lentil, carrot and tomato bolognese, flavored with lemon, black pepper and fresh parsley.</p> <p>LEAFY SIDE</p> <p>Lollo bionda, red lettuce, romaine lettuce, sliced mango, red capsicum, shredded red cabbage, with a creamy spicy dressing.</p>	<p>BEETROOT FALAFEL WITH ROASTED VEGETABLES</p> <p>Spicy gluten-free falafel made with beetroot, chickpeas, almond flour and tahini, paired with roasted yellow and red capsicum, onions, pumpkin, and garlic tahini sauce.</p> <p>RAISIN SIDE SALAD</p> <p>Lollo bionda, red lettuce, romaine lettuce, sliced mango, red capsicum, shredded red cabbage, with a creamy spicy dressing.</p>	<p>COCONUT CHICKPEA CURRY</p> <p>Vegan curry made with chickpeas, coconut cream, chopped tomato, white and red kidney beans, onions, green chili and topped with fresh coriander.</p> <p>BROWN RICE</p> <p>Steamed brown rice.</p>	<p>FISH TACO BOWL</p> <p>Spiced baked tilapia with cabbage, pickled onion and cauliflower rice. Comes with mango salsa and chipotle mayo.</p> <p>KALE & GRAPEFRUIT SIDE SALAD</p> <p>Chopped kale, red lettuce, capsicum, cucumber and grapefruit segments with summer cider dressing.</p>