

NON-VEGETARIAN DIET

| | BREAKFAST | LUNCH | SNACK | DINNER |
|-----|--|--|---------------------------|--|
| MON | Protein Pancakes with Nuts & Banana | Cajun Grill Fish + Baked Sweet Potato Veggies | Chicken Pita Pocket | High Protein Chicken Salad |
| TUE | Scrambled Eggs with Sautéed Cherry Tomato & Multigrain Bread | Moroccan Chicken + Saffron Quos Quos | Chicken Seekh Roll | Black Bean Chicken & Veg Stir Fry |
| WED | Overnight Oats Bowl with Fruit | Thai Peanut Chicken + Brown Rice & Broccoli | Spinach Soup | Pahadi Chicken Tikka + Indian Salad |
| THU | Boiled Egg Sandwich | Chicken Steak + Roasted Potatoes & Baked French Beans & Carrot | Protein Brownie | Chickpeas Chicken Sweet Potatoes Salad |
| FRI | Olive & Cheese Omelette Roll with Tomato Salsa | Chicken Brown Rice Biryani | BBQ Chicken Sandwich | Chicken Rollade + Sautéed Veggies |
| SAT | French Toast with Honey | Penne Paprika Chicken Pasta | Chicken Kheema Quesadilla | Chicken Chimichurri Grill + Salad |
| SUN | Stuffed Egg Paratha | Butterless Chicken + Ragi Roti | Peri Peri Chicken Burger | Indian Spice Fish + Roasted Veggies |