

# 1 WEEK SAMPLE MEAL PLAN

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## LUNCH COMBO MEALS



Chicken Patty Combo  
Calories: 744 kcal



Chicken Curry Combo  
Calories: 482 kcal



Beef Mince Combo  
Calories: 988 kcal



Shish Taouq Combo  
Calories: 530 kcal



Beef Barbeque Combo  
Calories: 672 kcal



Sauted Shrimp Combo  
Calories: 432 kcal



Chicken Balls Combo  
Calories: 492 kcal

## DINNER COMBO MEALS



Beef Tenderloin Combo  
Calories: 700 Kcal



Chicken Liver Combo  
Calories: 604 kcal



Shawarma Chicken Combo  
Calories 420 kcal



Dynamite Chicken Combo  
Calories: 682 kcal



Teriaki Chicken Combo  
Calories: 592 kcal



Shredded Salmon Combo  
Calories: 836 kcal



Creamy salmon Combo  
Calories: 964 kcal