MEAL PLANNER

The____ WELLNESS REPORTER

MONDAY

Greek yogurt with natural organic granola and mixed berries

BREAKFAST

Chickpea-kale curry with red rice

Steamed salmon with Brussel sprouts

DINNER



TUFSDAY

Avocado toast (whole grain bread)

BREAKFAST

Wholegrain pasta with tomato or pesto sauce and steamed vegetables

LUNCH

Fresh tuna salad with plack olives and mixed nuts and seeds

DINNER



WEDNESDAY

Whole grain bread with fresh goat cheese

BREAKFAST

Cous cous with peas, squash, aubergines and chickpeas

LUNCH



Pan seared cod with tomatoes and olives and fresh seasonal salad

DINNER



THURSDA

Smoked salmon with avocado on whole

BREAKFAST

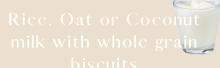
Artichoke and parmesean cheese salad with scrambelled eggs with mushrooms

LUNCH

Wholegrain pasta with zuechini and shrimps DINNER



FRIDA



BREAKFAST

Coconut Chicken
Curry with black rice
and roasted vegetables

LUNCH

Yellow lentils with crispy pumpkin and raw fennel salad

DINNER



MEAL PLANNER

BREAKFAST

BREAKFAST

LUNCH

LUNCH

DINNER

DINNER

THURSDAY

BREAKFAST

BREAKFAST

DINNER

BREAKFAST

LUNCH

LUNCH LUNCH

DINNER

DINNER