



ALWAYS  
READY  
TO  
SERVE  
YOU A  
HEALTHY  
MEAL



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**Meal Plans**





# **Vegetarian Meal Plan**

1300 kcal , 3 meals & 2 snacks

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Overnight baked egg bruschetta	Breakfast Shakshuka	Whole-grain cereal with berries and oat milk	Overnight oats with fresh fruit	Yogurt parfait with berries and grain-free muesli
Morning Snacks	Fruit & Cheese Kebobs	Fresh Strawberries	Fruit and veggie smoothie	Hummus and crudités	Crunchy roasted broad beans
Lunch	Arborio Rice & White beans Soup	Roasted sweet potato salad with honey – maple vinaigrette	Hearty buddha bowl with whole grains, greens, roasted or raw veggies, and dressing or sauce	Avocado toast on whole-wheat bread	Hummus and veggies in a pita pocket
Afternoon Snacks	Green Grapes	Portobello bruschetta with rosemary aioli	Cashew yogurt	Sliced apples and peanut butter	Fruit and nut trail mix
Dinner	Garnish fresh Grilled Veggie Pizza	Farmers Market enchiladas (Baked vegetables with tomato sauce flavoured with herbs)	Spiced Couscous, Vegetables and caramelised onion	Spicy peanut lettuce wraps filled with baked tofu, roasted cauliflower, carrots, cucumbers, and peppers	Kale and squash salad with turmeric dressing





# Dairy Free & Gluten Free Meal Plan

1600 Kcal, 3 Meals & 2 Snacks



	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Pumpkin Muffin, Blackberry & Kiwi fruit salad	Olive oil Scrambled egg, mushroom and asparagus	Mocha oatmeal (walnuts, banana, coffee and cocoa powder)	Baked oats and homemade breakfast chicken sausage)	Zucchini Muffin, Raspberries and orange salad
Morning Snacks	Gluten free protein Bar	Cup of Walnuts and raisins	Carrot, Cucumber sticks	No Bake chocolate chip oat bar	Berry healthy smoothie bowl
Lunch	Smoked Salmon Salad (Mixed Green leaves, cherry tomato, asparagus and lemon dressing)	Thai Chicken Salad (soybeans, carrot, white onion, lemon grass dressing)	Spicy Tuna Lettuce Cup (green leaves, tomato, sweet corn, onion leeks, sweet potato)	Basil Cashew Chicken (Baked Chicken Breast, cashew crust, broccoli and basil sauce)	Grilled DF Gouda Sandwich (GF Bread, tomato, lettuce, mushroom, caramelized onion)
Afternoon Snacks	1 Granny Smith Apple	1 Granny Smith Apple	1 Granny Smith Apple	1 Granny Smith Apple	1 Granny Smith Apple
Dinner	Slow cooker beef and green beans	Easy Beef sausage and veggie skillet	Grilled chicken tacos and cilantro DF crema	Fresh Sea bass Ceviche	Sundried Tomato GF Mac & Cheese



# Heart-Health Meal Plan to lose Weight

1200 Kcal, 3 Meals & 2 Snacks



	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Avocado egg Toast (Toasted whole wheat bread and fried egg)	Bran cereals, skimmed milk and blueberries	Non-fat plain Greek yogurt, blueberries, almonds & honey	Barley, poached egg, avocado and low fat Greek yoghurt bowl	Rolled Oats, fresh milk and raspberries
Morning Snacks	1 Cup of Blueberries	1 Medium Apple	1 Cup of Raspberries	1 Medium Apple	Capsicum sticks & Hummus
Lunch	Loaded Black beans nachos soup (Beans, Avocado, Tomato, cabbage, baked tortilla chips, cotija Mexican cheese)	Spinach & Strawberry Salad (Chicken thighs, Feta, walnuts and balsamic vinaigrette)	Rocca & Light Tuna Salad (Green Olives, Sundried Tomato, green beans, red capsicum, lemon vinaigrette)	Recharge Quinoa Salad (Red quinoa, tomato, cucumber, pomegranate seeds, dried apricot, lime dressing)	Chicken cauliflower fried rice (snow peas, bell pepper and tamari sauce)
Afternoon Snacks	1 Medium Orange	1 Medium Orange	1 Medium Orange	1 Medium Orange	1 Medium Orange
Dinner	Seared Salmon with green peppercorn sauce, green beans, red potato and Greek yoghurt	Charred Shrimp & Pesto Buddha Bowls (Quinoa, Arugula, Tomato, Avocado)	Curried sweet potato and peanuts soup (white beans, coconut milk and canola oil)	Steamed Cod Fish with tomato cream sauce (Brown rice and steamed broccoli)	Toasted oven Tostada (Tortilla, black beans, guacamole, cheddar cheese and lime juice)