

## Sample Menu.

Whatever your lifestyle, Fitlab got you covered with our personalized, high-protein, portion-controlled meal options! Get your globally inspired healthy platter carefully curated by our chefs at your doorstep. Explore our Sample menu to have a sneak peek into the kitchen. Start eating better and feel the results.

\* This is only a sample menu and does not relate to a specific meal plan.  
\* For those with special dietary requirements or allergies who may wish to know about the food or drink ingredients used please check our Meals page.

## DAY 1

**Breakfast :** English Muffin With Cheese & Pesto  
*english muffin stuffed with cheese, pesto and tomato.*

**Kcal:** 445 **Fat:** 5 **Carbs:** 59 **Protein:** 34

**Snack<sup>AM</sup> :** Chocolate Chia Seeds Bar  
*date paste, walnut, chia seeds, oats, coconut, dark chocolate, cocoa powder.*

**Kcal:** 302 **Fat:** 15 **Carbs:** 39 **Protein:** 6

**Lunch :** Chicken Meatballs®  
*minced chicken breast with pesto farfelle pasta and broccoli served with pesto cream sauce.*

**Kcal:** 343 **Fat:** 13.4 **Carbs:** 29.3 **Protein:** 25.7

**Snack<sup>PM</sup> :** Cranberry Pistachi Ball  
*chia seeds, dates, honey, pistacho nuts, dried cranberries.*

**Kcal:** 212 **Fat:** 10 **Carbs:** 27 **Protein:** 4

**Dinner :** Grilled Shrimps®  
*grilled shrimps with white rice and grilled veggies served with sian sauce.*

**Kcal:** 425 **Fat:** 16 **Carbs:** 45 **Protein:** 23

**Salad :** Chicken Kale Salad  
*breast chicken with kale, lettuce, red radish & peanuts served with PB ginger dressing.*

**Kcal:** 352 **Fat:** 18 **Carbs:** 24 **Protein:** 19

## DAY 4

**Breakfast :** Boiled Egg Spinach & Mushroom  
*Boiled egg with grilled mushroom and spinach Served with brown toast.*

**Kcal:** 318 **Fat:** 18 **Carbs:** 15 **Protein:** 25

**Snack<sup>AM</sup> :** Easy Protein Bar  
*Almond-coconut-maple syrup.*

**Kcal:** 246 **Fat:** 21 **Carbs:** 12 **Protein:** 6

**Lunch :** Baked Salmon Trout  
*Trout salmon with grilled marrow & white rice served with lemon butter sauce.*

**Kcal:** 443 **Fat:** 13 **Carbs:** 51 **Protein:** 38

**Snack<sup>PM</sup> :** Pecan Energy Ball  
*Dates & pecan nuts*

**Kcal:** 199 **Fat:** 10 **Carbs:** 27 **Protein:** 2

**Dinner :** Chickn Fajita  
*Strips chicken breast mixed with grilled capsicum served with brown tortilla bread and sour cream.*

**Kcal:** 356 **Fat:** 17 **Carbs:** 25 **Protein:** 24

**Salad :** Chicken Caesar Salad  
*Lettuce-grilled chicken-parmesan cheese-cROUTONS served with caesar dressing.*

**Kcal:** 327 **Fat:** 10 **Carbs:** 33 **Protein:** 25

## DAY 2

**Breakfast :** Overnights Oats Chocolate Brownie  
*Rolled oats with chocolate brownie and milk.*

**Kcal:** 404 **Fat:** 11 **Carbs:** 48 **Protein:** 30

**Snack<sup>AM</sup> :** Peanut Butter Pudding  
*Rolled oats, brownie chunk, whey protein, flax chia blend cocoa.*

**Kcal:** 187 **Fat:** 6 **Carbs:** 29 **Protein:** 5

**Lunch :** Buffalo Shredded Chicken®  
*shredded buffalo chicken with white rice and celery served with ranch dressing.*

**Kcal:** 485 **Fat:** 22 **Carbs:** 37 **Protein:** 22

**Snack<sup>PM</sup> :** Nut Latte Ball  
*date paste, almond, coconut, peanut butter*

**Kcal:** 195 **Fat:** 10 **Carbs:** 25 **Protein:** 4

**Dinner :** Rainbow Fish  
*Fish Fillet with baked white potato and snow peas served with tahini sauce.*

**Kcal:** 418 **Fat:** 21 **Carbs:** 30 **Protein:** 26

**Salad :** Roasted Sweet Potato & Spinach  
*baby spinach-roasted sweet potato & beetroot -sunflower seeds served with balsamic vinegar sauce.*

**Kcal:** 207 **Fat:** 8 **Carbs:** 27 **Protein:** 8

## DAY 5

**Breakfast :** Chocolate Protein Pancake®  
*Oats flour-chocolate protein powder-dark chocolate chip cocoa powder served with maple syrup*

**Kcal:** 258 **Fat:** 6 **Carbs:** 36 **Protein:** 17

**Snack<sup>AM</sup> :** Almond Chocolate Chia Pudding  
*Almond milk-raspberry sauce-cocoa-honey*

**Kcal:** 141 **Fat:** 4 **Carbs:** 39 **Protein:** 3

**Lunch :** Shish Tawook®  
*Shish tawook with baked sweet potato & broccoli served with garlic dip*

**Kcal:** 349 **Fat:** 12.5 **Carbs:** 38.5 **Protein:** 23

**Snack<sup>PM</sup> :** Arabic Parfait  
*Yogurt, dry fig, roasted almond, orange blossom.*

**Kcal:** 158 **Fat:** 11 **Carbs:** 9 **Protein:** 10

**Dinner :** Crusted Fish  
*Cauliflower rice mixed with peas and carrots, fish fillet, hazelnut coating served with lemon mustard sauce.*

**Kcal:** 440 **Fat:** 25 **Carbs:** 8 **Protein:** 44

**Salad :** Asian Sesame Salad  
*Chicken breast, mixed lettuce, capsicum, carrots, cabbage, green beans, peanuts served with japanese dressing*

**Kcal:** 228 **Fat:** 9 **Carbs:** 13 **Protein:** 19

## DAY 3

**Breakfast :** Omelette With Side Salads  
*Omelette mixed with veggies with a side salad Served with guacamoli and brown toast*

**Kcal:** 313 **Fat:** 22 **Carbs:** 8 **Protein:** 25

**Snack<sup>AM</sup> :** Seeds Bar  
*Oats-maple syrup-chia seeds-flax seeds-sunflower seeds pumpkin seeds-sesame.*

**Kcal:** 239 **Fat:** 14 **Carbs:** 46 **Protein:** 7

**Lunch :** Beef Meatballs®  
*Spaghetti with beef meatballs, grilled capsicum and parmesan cheese served with tomato pasta sauce.*

**Kcal:** 532 **Fat:** 19 **Carbs:** 46 **Protein:** 42

**Snack<sup>PM</sup> :** Chocolate Donut  
*Wheat flour, choclote protein powder, milk, dark chocolate, colored sprinkles*

**Kcal:** 163 **Fat:** 17 **Carbs:** 18 **Protein:** 9

**Dinner :** Grilled Fish  
*Fish fillet with sayyadeyeh rice & green beans, served with tahini sauce.*

**Kcal:** 495 **Fat:** 17 **Carbs:** 49 **Protein:** 36

**Salad :** Greek Salad  
*Lettuce-cucumber-tomato-black olives-feta cheese -onion served with lemon mustard sauce.*

**Kcal:** 230 **Fat:** 12 **Carbs:** 21 **Protein:** 11

## DAY 6

**Breakfast :** turkey sandwich  
*protein bread, smoked turkey, mustard, guacamoli, cheddar cheese, fresh basil*

**Kcal:** 383 **Fat:** 22 **Carbs:** 29 **Protein:** 35

**Snack<sup>AM</sup> :** Fudgy brownie  
*almond flour, almond milk, peanut butter, cocoa powder*

**Kcal:** 136 **Fat:** 5 **Carbs:** 8 **Protein:** 4.2

**Lunch :** Beef shawarma®  
*beef shawarma with white rice & green beans served with tahini sauce.*

**Kcal:** 450 **Fat:** 16 **Carbs:** 38 **Protein:** 37

**Snack<sup>PM</sup> :** Dark chocolate cookies  
*whole grain oats, oats flour, dark chocolate, raisins honey, coconut oil.*

**Kcal:** 308 **Fat:** 12.5 **Carbs:** 21 **Protein:** 7.4

**Dinner :** Grilled chicken®  
*grilled chicken with white rice and broccoli served with lemon mustard sauce.*

**Kcal:** 343 **Fat:** 13.4 **Carbs:** 29.3 **Protein:** 25.7

**Salad :** Green apple date salad  
*lettuce, green apple, feta cheese, dates, rasins, carrots, pomegranate served with honey mustard sauce.*

**Kcal:** 283 **Fat:** 14.5 **Carbs:** 33 **Protein:** 8