

MONDAY

BEEF CHIMICHURRI

Grilled beef with rice, green beans, grilled broccoli, oven roasted red onion and homemade chimichurri.

Kcal: 557 | Carbs: 70 G. | Fat: 12 G. | Protein: 39 G.

TUESDAY

TRUFFLE CHICKEN PASTA

Pasta with homemade truffle parmesan sauce, chicken, broccoli and zucchini.

Kcal: 590 | Carbs: 50 G. | Fat: 27 G. | Protein: 38 G.

WEDNESDAY

MISO SALMON

Salmon with garlic rice, zucchini, broccoli, cucumber salad topped with crispy peanuts and pickled red chillies.

Kcal: 557 | Carbs: 70 G. | Fat: 12 G. | Protein: 39 G.

THURSDAY

SURF AND TURF

Spicy shrimps and juicy beef with roasted potatoes, broccoli, corn, tomatoes and cowboy butter.

Kcal: 425 | Carbs: 40 G. | Fat: 15 G. | Protein: 35 G.

FRIDAY

COCONUT CHICKEN AND RICE

Chicken thighs with a coconut marinade, white rice and a cucumber red onion salad with red chillies and spring onion.

Kcal: 604 | Carbs: 72 G. | Fat: 18 G. | Protein: 37 G.