

# The Vitality, wk. of Dec 16

## MONDAY

Overnight oats	oats, chia, dates, coconut milk, nut butter, almonds, banana, blackberry jam 40g carbs, 7g fiber, 5g protein, 15g fat
Sayedyeh	rice, onions, grilled fish, served with sauce and salad 55g carbs, 4g fiber, 21g protein, 10g fat
Choco shake	
Halloumi pesto baguette	wrap, hummus, pepper, zucchini, spinach, halloumi, tomato, walnuts 30g carbs, 4g fiber, 15g protein, 15g fat

## TUESDAY

Oh Beirut	sourdough toast, goat labneh, zaatar, cucumber, tomatoes 30g carbs, 3g fiber, 7g protein, 7g fat
Potato & cauliflower stew	potatoes, coriander, onions, garlic, carrots, cauliflower, lemon, rice, vermicelli 45g carbs, 5g fiber, 20g protein, 5g fat
Peanut cookie	
Tuna pasta salad	pasta, tuna, iceberg, asparagus, rocket, cherry tomatoes, celery, capers, chives, vegan dill mayo sauce 50g carbs, 6g fiber, 23g protein, 20g fat

## WEDNESDAY

Power fluff	sourdough bun, guacamole, eggs 50g carbs, 8g fiber, 14g protein, 18g fat
Chicken satay	chicken, broccoli, carrots, cabbage, cucumbers, rice, peanut butter sauce 45g carbs, 7g fiber, 32g protein, 19g fat
Choco halawa	
Shrimp orange salad	mixed greens, quinoa, edamame, shrimp, cucumber, avocado, oranges, green onions, vinaigrette 20g carbs, 6g fiber, 16g protein, 15g fat

## THURSDAY

Turkey & cheese	brown baguette, turkey, emmental, honey mustard, lettuce, tomatoes 30g carbs, 2g fiber, 15g protein, 10g fat
Chicken shawarma bowl	chicken, potatoes, beans, lettuce, radish, pickles, onions, minted laban 30g carbs, 5g fiber, 30g protein, 25g fat
1/2 one more spoon	
Chicken soup	chicken, Marjoram, lemon, olives, orzo, sun-dried tomatoes 25g carbs, 3g fiber, 15g protein, 6g fat

## FRIDAY

Mediterranean ciabatta	ciabatta, feta, chilli, olives, red pepper, walnuts, zaatar, rocket 30g carbs, 3g fiber, 12g protein, 15g fat
Beef stroganoff	beef, mushrooms, dijon, coconut, onions, garlic, rice 50g carbs, 5g fiber, 25g protein, 29g fat
Choco energy ball	
Chicken ceasar salad	iceberg, chicken, parmesan, croutons, vegan mayo and sauce 15g carbs, 2g fiber, 23g protein, 15g fat