

Week 19 commencing by Monday 14th of May

Meal Plan 5	line 3
Meal Plan 10	line 3,5
Meal Plan 15	line 3,3,5
Meal Plan 5+5	line 2,3
Starter pack	line 3,4,5,
Ultimate Fat Loss	line 1,2,4,5
Meal Plan Full Day	line 1,2,3,4,5



Monday

1. Protein Yogurt and Fresh Fruit
2. Spicy Hummus with Vegetable sticks
3. Chicken Ala King with Veg rice
4. Tropical Smoothie
5. Barbecue Chicken with Roasted Veg

Tuesday

1. Beef & Egg Scramble, mini salad
2. Courgette & Chorizo bites
3. Beef and Guinness pie with Mashed Potatoes
4. Summertime madness Smoothie
5. Grilled Salmon with fresh tomato and spinach

Wednesday

1. Scrambled eggs, baby Spinach
2. Protein Yogurt & Chunky Fruit
3. Chicken Ratatouille with whole grain Spaghetti
4. Jump Start Smoothie
5. Turkey burger, grilled Aubergine & Asparagus

Thursday

1. Protein Yogurt and Fresh Fruit
2. Chicken, Broccoli and Cheese Bake
3. Herb & Garlic Chicken Turmeric Rice
4. Creamy Dreamy Smoothie
5. Chicken Tikka with Roasted Aubergine and green Beans

Friday

1. Omelette with Turkey , mini salad
2. Smoked Salmon, Spinach, Baby Tomato
3. Turkey Bolognese, Baked potato, Broccoli
4. Green Power Smoothie
5. Beef Stir Fry

Enquiries for Staff Meals: info@fitmeal.ie