

THE SLOW

X

Clara Abou Nassar

THREE DIET MEAL PLANS

THE SLOW X Clara Abou Nassar

GLOW

NOURISH & THRIVE

1500 - 2000 CAL/DAY

Starting

175 (7 Days)

~~350~~ **325** (14 Days)

~~525~~ **500** (21 Days)

~~675~~ **650** (28 Days)

WEIGHT GAIN

FUEL UP PLAN

2500 - 3000 CAL/DAY

Starting

225 (7 Days)

~~450~~ **420** (14 Days)

~~675~~ **630** (21 Days)

~~900~~ **840** (28 Days)

WEIGHT LOSS

LEAN LIFE PLAN

1200 - 1550 CAL/DAY

Starting

140 (7 Days)

~~280~~ **265** (14 Days)

~~420~~ **390** (21 Days)

~~560~~ **525** (28 Days)

ALL PRICES ABOVE ARE IN USD.

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THE SLOW

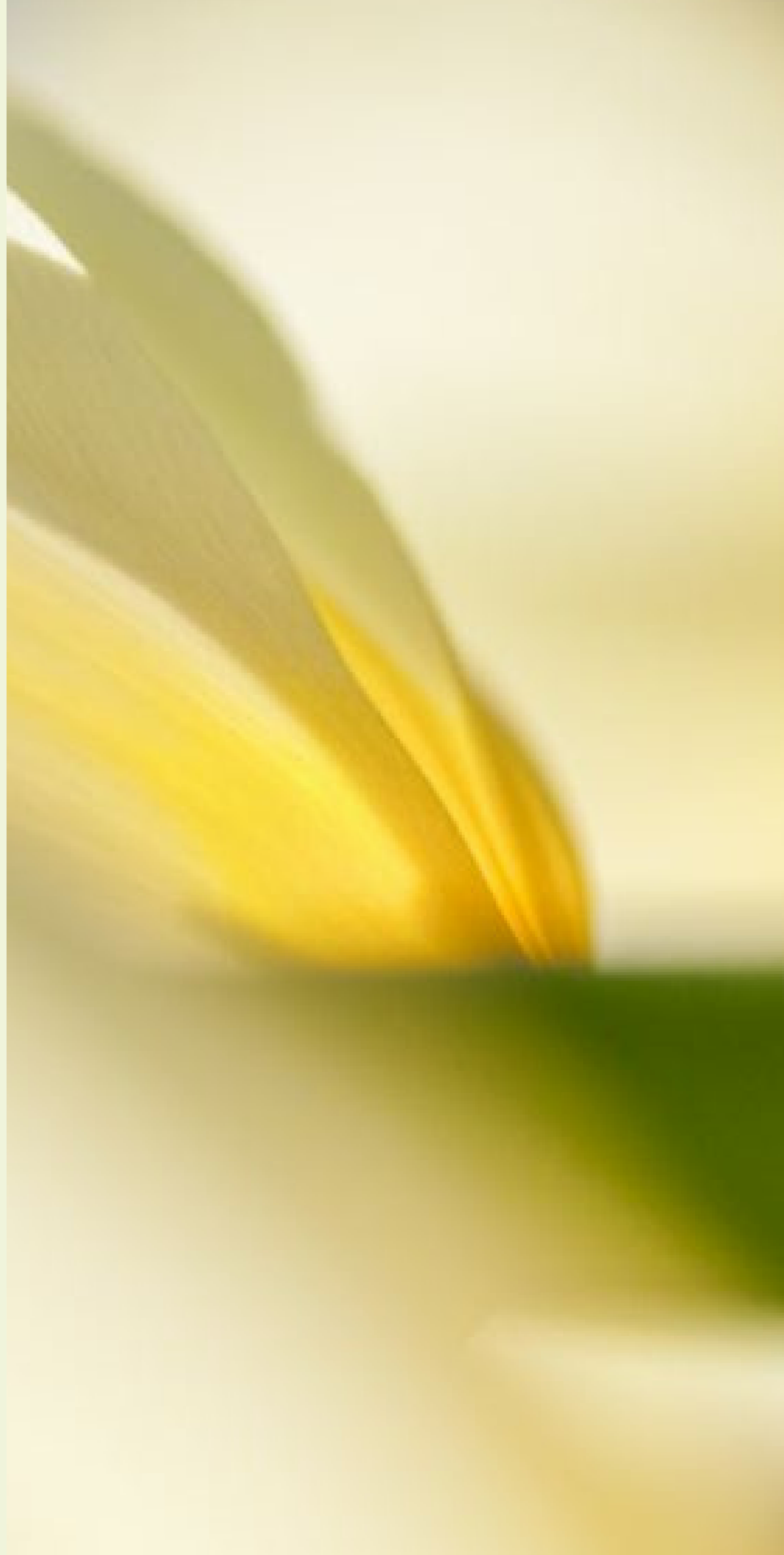
X

Clara Abou Nassar

01 NOURISH AND THRIVE

1500-2000CAL/DAY

WORKS FOR: PCOS, GLUTEN-INTOLERANCE, PRE-DIABETES. CAN
BE FOR LACTOSE-INTOLERANCE UPON REQUEST.



01	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>BOILED EGGS, SPINACH, SWEET POTATO, CHERRY TOMATOES, ROSEMARY, DILL, CHILI FLAKES, LEMON, SALT PEPPER</p> <p>361 CAL 25G PROT FAT 16G CARBS 28G</p>	<p>GREEN JUICE</p> <p>162 CAL 4.3G PROT CARBS 40G</p>	<p>CHICKEN BREAST WITH BROWN RICE, SPINACH, VEGGIES, PICKLES</p> <p>410 CAL PROT 40G CARBS 26G FAT 15G</p>	<p>GREEK YOGURT WITH BERRIES</p> <p>110 CAL PROT 11G FAT 0.5G CARBS 17G</p>	<p>LENTILS SALAD , CHICKEN BREAST, VEGGIES, KALE, AVOCADO, RED ONIONS, BLOOD ORANGES, AND BALSAMIC VINEGAR DRESSING</p> <p>411 CAL PROT 27G CARBS 22G FAT 27G</p>
TUESDAY	<p>OATMEAL WITH ALMOND MILK, BANANA, DATES, ALMONDS, ALMOND BUTTER, CINNAMON</p> <p>500 CAL PROT 21G CARBS 89G FAT 16G</p>	<p>HUMMUS WITH CUCUMBER STICKS</p> <p>240CAL PROT:10G CARBS:10G FAT:16G</p>	<p>GRILLED SALMON WITH VEGGIE SKEWERS, EDAMAME AND QUINOA</p> <p>490 CAL PROT 48G CARBS 25G FAT 28G</p>	<p>AVOCADO PEANUT BUTTER SMOOTHIE</p> <p>420 CAL PROT 13G FAT 33G CARBS 21G</p>	<p>TUNA SALAD, EGGS, KALE, VEGGIES, RED ONIONS,</p> <p>400 CAL PROT 47G CARBS 3G FAT 28G</p>
WED	<p>ORIGINAL SHAKSHOUKA AND CRACKERS</p> <p>460 CAL PROT 20G FAT 30G CARBS 23G</p>	<p>VEGAN ROLLS</p> <p>250 CAL</p>	<p>MEXICAN BOWL MINCED LEAN CHICKEN SHREDDED, BLACK BEANS, TOMATO, BELL PEPPERS , AVOCADO, RED ONIONS, CILANTRO, LEMON, LOW FAT YOGURT , QUINOA</p> <p>490 CAL PROT 46G FAT 19.5G CARBS 39G</p>	<p>KALE SALAD WITH WALNUTS, STRAWBERRIES, LEMON, GARLIC CLOVES, HERBS, SALT, PEPPER, OLIVE OIL</p> <p>231 CAL PROT 5G CARBS 14G FAT 18G</p>	<p>MISO SOUP</p> <p>300 CAL PROT 15G FAT 16G CARBS 15G</p>
THU	<p>SPINACH WRAP WITH TURKEY, AVOCADO, TOMATO, BASIL, MUSTARD, SALT, PEPPER, OLIVE OIL</p> <p>420 CAL 44G PROT CARBS 6G FAT 24G</p>	<p>BEETROOT, STRAWBERRY SALAD WITH LEMON MUSTARD SAUCE</p> <p>100 CAL 2.5G PROT CARBS 19G FAT 4G</p>	<p>KALE SHRIMP SALAD WITH QUINOA , TOASTED ALMONDS, APPLE CIDER VINEGAR, OLIVE OIL</p> <p>520CAL 37G PROT FAT 22G CARBS 40G</p>	<p>YOGURT DIP WITH LEMON, GARLIC, OLIVE OIL, SALT PEPPER CUCUMBERS FRESH DILL AND ZUCCHINI CHIPS</p> <p>80 CAL PROT 9G FAT 3G CARBS 8G</p>	<p>BAKED FALAFEL SPINACH WRAPS, VEGGIES, AVOCADO, YOGURT LEMON DRESSING, POMEGRANATE MOLASSES</p> <p>680 CAL PROT 25G CARBS 35G FAT 31G</p>
FRI	<p>SWEET POTATO BED WITH VEGGIES, BOILED EGGS, RADISH, AVOCADO SIDE, PICKLED RED ONIONS, LEMON, SALT, PEPPER</p> <p>482 CAL PROT 22G CARBS 38G FAT 30G</p>	<p>FRUIT SALAD</p> <p>100 CAL CARBS 20G</p>	<p>GRILLED SALMON WITH BLACK RICE, GREEN ONIONS, VEGGIES ON THE SIDE, GREEN PEAS</p> <p>595 CAL 40G PROT CARBS 50G FAT 20G</p>	<p>WALNUTS, ALMONDS, AND DATES</p> <p>178 CAL PROT 3G CARBS 25G FAT 7G</p>	<p>ROCCA SALAD, LETTUCE, TOMATO, CUCUMBER, RED ONIONS, CHICKPEAS, GLUTEN-FREE PASTA, BEETROOTS LEMON MUSTARD DRESSING, OLIVE OIL</p> <p>350 CAL PROT 17G CARBS 65G FAT 20G</p>
SAT	<p>ORGANIC SALMON, EGG ON RICE CAKES</p> <p>490 CAL PROT 30G FAT 30G CARBS 29G</p>	<p>COOKED ZUCCHINI, ROASTED ALMONDS, WALNUTS, LEMON, MUSTARD, SALT, OLIVE OIL</p> <p>190 CAL 5.2G PROT CARBS 10G FAT 15G</p>	<p>VERMICELLI NOODLES WITH CHICKEN BREAST, CARROTS, BROCCOLI, ONION, GARLIC CLOVE,1 TBSP OLIVE OIL, SALT</p> <p>556 CAL PROT 40G CARBS 55G</p>	<p>CUCUMBERS AND TOMATOES, OLIVES, OLIVE OIL WITH APPLE CIDER VINEGAR</p> <p>100 CAL PROT 2G CARBS 10.5G FAT 11G</p>	<p>SHRIMP SALAD: SHRIMPS, QUINOA, EDAMAME, LEMON DRESSING, GREEN ONIONS, HONEY</p> <p>490 CAL PROT 39G CARBS 54G FAT 15G</p>
SUN	<p>GREEK YOGURT RAINBOW BOWL: WITH MIXED BERRIES, PEANUT BUTTER AND HONEY</p> <p>257 CAL PROT 15G CARBS 17G FAT 6G</p>	<p>TOMATO SALAD WITH ONIONS, SALT, PEPPER, BASIL, BALSAMIC VINEGAR, OLIVE OIL</p> <p>100 CAL PROT 2G CARBS 8G FAT 8G</p>	<p>QUINOA WITH CHICKEN BREAST LEMON, GARLIC, CARROTS, BELL PEPPERS, OLIVE OIL</p> <p>507 CAL PROT 40G CARBS 39G FAT 19G</p>	<p>AVOCADO WITH HONEY AND WALNUTS</p> <p>253 CAL PROT 4G CARBS 13G FAT 19G</p>	<p>TURKEY, PESTO SAUCE SPINACH WRAPS MUSTARD, LETTUCE, SPINACH</p> <p>462 CAL PROT 47G CARBS 1G FAT 28G</p>

02	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>SMOKED SALMON, SCRAMBLED EGG, CAPRES, LEMON, PARSLEY, CHERRY TOMATOES, AVOCADO</p> <p>326 CAL 27G PROT CARBS 5G FAT 21G</p>	<p>BANANA BITES WITH PEANUT BUTTER</p> <p>390 CAL PROT 10G CARBS 59G FAT 16G</p>	<p>COOKED LENTILS WITH POMEGRANATE SEEDS, PARSLEY GREEN ONIONS POMEGRANATE DRESSING</p> <p>310 CAL PROT 12G CARBS 57G FAT 1.5G</p>	<p>YOGURT WITH CHIA SEEDS, BERRIES, POMEGRANATE SEEDS</p> <p>161 CAL PROT 8.6G CARBS 23G</p>	<p>SPINACH SALAD WITH RAW MUSHROOMS BLUEBERRIES BEETROOT EGGS BLOOD ORANGES, WALNUTS ORANGE BALSAMIC DRESSING, OLIVE OIL</p> <p>529 CAL PROT 30.6G CARBS 10G FAT 37G</p>
TUESDAY	<p>APPLE OATMEAL WITH UNSWEETENED ALMOND MILK BANANA, CINNAMON WITH STEVIA</p> <p>293 CAL PROT 8G CARBS 49G FAT 4G</p>	<p>EDAMAME PODS</p> <p>50 CAL PROT 7G FAT 2G CARBS 4G</p>	<p>TUNA , SWEET POTATO QUINOA, OLIVES, MIXED WITH MUSTARD DIJON AND LEMON, CHERRY TOMATOES LETTUCE LEMON BASIL SAUCE</p> <p>493 CAL PROT 40G CARBS 39G FAT 19G</p>	<p>VEGGIE ROLLS</p> <p>100 CAL</p>	<p>VEGGIES , HUMMUS, ROASTED CHICKPEAS AND AVOCADO SPINACH WRAP</p> <p>634 CAL PROT 37G CARBS 30G FAT 47G</p>
WED	<p>CHIA PUDDING WITH BERRIES, ,CINNAMON, HONEY, ALMOND BUTTER</p> <p>258 CAL PROT 7G CARBS 18G FAT 15G</p>	<p>LUPIN BEANS</p> <p>95 CAL PROT 16G FAT 2G CARBS 6G</p>	<p>FISH FILET SEA BASS, OLIVE OIL BROCCOLI BELL PEPPERS SNAP PEAS LOW SODIUM SOY SAUCE BED OF BLACK RICE</p> <p>525CAL PROT 36G FAT 7G CARBS 45G</p>	<p>FRUIT SALAD</p> <p>100 CAL</p>	<p>PUMPKIN SOUP, MOZZARELLA, WITH SIDE OF GULTEN FREE CRACKERS</p> <p>500 CAL PROT 16G FAT 15G CARBS 45G</p>
THU	<p>EGGS, TURKEY AVOCADO SPINACH WRAP</p> <p>407 CAL PROT 27G CARBS 11G FAT 30G</p>	<p>TOMATO AND STRAWBERRY SALAD LEMON MUSTARD DRESSING CAPRES, BASIL, OLIVE OIL, ONIONS DICED</p> <p>160 CAL</p>	<p>CHICKPEA SALAD WITH CUCUMBER, VEGAN CHEESE, TOMATOES, RED ONIONS, CORIANDER, AVOCADO, LEMON MUSTARD SAUCE, OLIVE OIL</p> <p>630 CAL PROT 18G CARBS 60G FAT 32G</p>	<p>BAKED APPLE CHIPS WITH GREEK YOGURT</p> <p>120CAL PROT 9G CARBS 6G FAT 4G</p>	<p>CHICKEN BREAST SALAD, HALLOUMI, SUNFLOWER SEEDS, BEETROOT, DRIED PLUMS, POMEGRANATE SEEDS, HONEY, POMEGRANATE DRESSING</p> <p>660 CAL PROT 49G FAT 19G CARBS 39G</p>
FRI	<p>ACAI BOWL</p> <p>447 CAL PROT 23.5G CARBS 40G FAT 16.5G</p>	<p>ALMONDS WITH BANANA</p> <p>275 CAL PROT 6 G FAT 15G CARBS 29G</p>	<p>FISH FILET WITH MUSHROOMS AND BLACK RICE BRUSSEL SPROUTS, GREEN BEANS, BROCCOLI,</p> <p>580 CAL PROT 43G FAT 15G CARBS 49G</p>	<p>SPINACH KALE SALAD WITH APPLE CIDER VINEGAR, 1 TSP OLIVE OIL</p> <p>110 CAL PROT 3G CARBS 3G FAT 8G</p>	<p>SEARED TUNA SALAD WITH KALE, BABY SPINACH, QUINOA MIX, EDAMAME, EGGS, FRESH TOASTED NUTS, LEMON BASIL SAUCE,</p> <p>680 CAL PROT 46G CARBS 37G FAT 19G</p>
SAT	<p>EGGS WITH MUSHROOMS BLUEBERRIES AND AVOCADO ON THE SIDE</p> <p>320 CAL PROT 16G CARBS14G FAT 21G</p>	<p>GREEN JUICE</p> <p>162 CAL 4.3G PROT CARBS 40G</p>	<p>COOKED LENTILS, LIGHT HALLOUMI POMEGRANATE SEEDS GREEN ONIONS LEMON, POMEGRANATE DRESSING,</p> <p>507 PROT 20G FAT 19G CARBS 25G</p>	<p>BERRIES WITH HONEY</p> <p>90 CAL</p>	<p>CHICKEN AVOCADO SALAD, LETTUCE, RED CABBAGE, BREAD CRUMBS, GRILLED ROASTED CORN, SWEET POTATO, RANCH SAUCE</p> <p>610 CAL PROT 42G FAT 24G CARBS 49G</p>
SUN	<p>BANANA PROTEIN PANCAKES WITH GREEK YOGURT,</p> <p>360 CAL PROT 17G FAT 4G CARBS 60G</p>	<p>BEETROOT SALAD WITH STRAWBERRIES,</p> <p>120 CAL</p>	<p>SALMON WITH BLACK RICE, SOY BEAN SPROUT WITH MUSHROOMS, GREEN ONIONS</p> <p>486 CAL PROT 41G CARBS 49G FAT 12G</p>	<p>DATES, PEANUT BUTTER, HONEY</p> <p>290 CAL PROT 7G CARBS 47G FAT 8G</p>	<p>GOAT CHEESE SALAD, KALE, GREEN APPLE, BEETROOT, SPINACH, LIGHT BALSAMIC</p> <p>490 CAL PROT 15G CARBS 25G FAT 35G</p>

03	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>3 EGGS WITH 100G YOGURT (GARLIC CLOVE, LEMON, SALT, PEPPER, OLIVE OIL, HERBS) 15 DBAIKEH CRACKERS</p> <p>430 CAL PROT 31G FAT 29G CARBS 26G</p>	<p>VEGAN ROLLS 3 WITH PEANUT AND QUINOA</p> <p>250 CAL</p>	<p>1 CUP VEGGIE VERMICELLI NOODLES WITH 100GCHICKEN BREAST AND COOKED VEGGIES, 1 TBSP SESAME OIL, SPRINKLE SESAME, GREEN ONIONS, BROCCOLI</p> <p>560 CAL PROT 39G CARBS 46G FAT 17G</p>	<p>1 BANANA, 5 WALNUTS</p> <p>140 CAL PROT 2.5G FAT 3.8G CARBS 27G</p>	<p>150G LENTILS AND 1 BAKED POTATO SALAD WITH GREEN ONIONS, 10 OLIVES, RANCH SAUCE, 1 TBSP OLIVE OIL</p> <p>575 CAL PROT 27G CARBS 68G FAT 19G</p>
TUESDAY	<p>OATMEAL WITH UNSWEETENED ALMOND MILK, BANANA, DATES, ALMONDS, ALMOND BUTTER, CINNAMON</p> <p>500 CAL PROT 21G CARBS 89G FAT 16G</p>	<p>TURKEY ROLL UPS WITH CUCUMBER PICKLES AND BABY TOMATO</p> <p>110 CAL PROT 21G</p>	<p>ORANGE CHICKEN BREAST, GINGER, GARLIC, SOY SAUCE STEAMED BROCCOLI ON THE SIDE WITH BROWN RICE, GREEN ONIONS, SESAME SEEDS</p> <p>485 CAL PROT 39G FAT 5.5G CARBS 55G</p>	<p>FRUIT SALAD</p> <p>100 CAL</p>	<p>GOAT CHEESE SALAD, QUINOA MIX, KALE, GREEN APPLE, SWEET POTATO, GOAT CHEESE, GRILLED CHICKEN, CRANBERRIES, BALSAMIC VINAIGRETTE</p> <p>706 CAL PROT 36G FAT 21G CARBS 65G</p>
WED	<p>EGGS WITH GREEN ONIONS, TURKEY AND AVOCADO ON BED OF SWEET POTATO</p> <p>420 CAL PROT 27G FAT 19G CARBS 29G</p>	<p>PEANUT BUTTER CELERY STICKS</p> <p>360 CAL PROT 16G FAT 32G CARBS 20G</p>	<p>GRILLED CUBED SALMON WITH BROWN RICE AND GREEN BEANS, GREEN ONIONS</p> <p>555 CAL PROT 36G CARBS 45G FAT 11G</p>	<p>HUMMUS WITH CUCUMBER STICKS</p> <p>190CAL PROT:8G CARBS:17 G FAT:16G</p>	<p>BLACK EYED PEAS, CHICKEN BROTH, GARLIC, CAYENNE, BAKED POTATO, THYME, ONION, PEPPER, CELERY, BAY LEAVES, COLLARD GREENS</p> <p>470 CAL PROT 18G FAT 14G CARBS 55G</p>
THU	<p>BANANA SPLIT WITH ALMOND BUTTER BLUEBERRIES, HONEY AND GREEK YOGURT</p> <p>326 CAL PROT 12G CARBS 29G FAT 16G</p>	<p>BEETROOT DIP WITH VEGGIE STICKS AND CUCUMBER</p> <p>260 CAL PROT 6G FAT 20G CARBS 15G</p>	<p>EMON FETTA, GLUTEN-FREE PASTA WITH CHICKEN BREAST STRIPS</p> <p>660 CAL PROT 47G CARBS 45G FAT 28G</p>	<p>FIGS, HONEY</p> <p>100 CAL PROT 2G FAT 0.3G CARBS 23G</p>	<p>SWEET POTATO BURRITO BOWL BLACK BEANS, QUINOA, AVOCADO, CHICKEN BREAST, LIME TAHINI SAUCE, RED BELL PEPPERS, RED ONIONS, VEGETABLE BROTH, BLACK BEANS, CILANTRO, LEMON</p> <p>597 CAL PROT 23G CARBS 53G FAT 32G</p>
FRI	<p>OATMEAL WITH BLUEBERRIES, ALMOND MILK, FIGS, ALMONDS, CHIA SEEDS, HONEY</p> <p>290 CAL PROT 10G FAT 4G CARBS 48G</p>	<p>1 GREEN JUICE SPINACH, 1 APPLE, GINGER, CUCUMBER, 1/3 CUP PINEAPPLE LEMON</p> <p>162 CAL 4.3G PROT CARBS 40G</p>	<p>SALMON, GLUTEN-FREE PASTA FETA, CHERRY TOMATOES, SHALLOT, GARLIC, GLUTEN-FREE SPAGHETTI, SALT, ONION, PEPPER, BASIL, PEAS, LEMON</p> <p>622CAL PROT 32G CARBS 45G FAT 29G</p>	<p>TZATZIKI DIP WITH CRACKERS 10</p> <p>160 CAL</p>	<p>CHICKEN WITH HUMMUS, TORTILLA WRAP, AVOCADO, POMEGRANATE SAUCE, TOMATO, LETTUCE</p> <p>675 CAL PROT 42G CARBS 35G FAT 29G</p>
SAT	<p>SMOKED SALMON ON RICE CAKES WITH CREAM CHEESE, CUCUMBERS, LEMON, SALT</p> <p>485 CAL PROT 28G CARBS 29G FAT 22G</p>	<p>ACAI CHIA SMOOTHIE</p> <p>180 CAL PROT 6G CARBS 25G FAT 6G</p>	<p>CHICKEN HIGH PROTEIN BURGER BEETROOT BUN WITH EGG, AVOCADO, SPINACH SWEET POTATOES ON THE SIDE</p> <p>560 CAL PROT 52G CARBS 49G FAT 14G</p>	<p>YOGURT WITH BERRIES</p> <p>180 CAL PROT 22G CARBS 19G FAT 1G</p>	<p>TUNA SALAD, ALMONDS, EDAMAME, PURSLANE, ROCCA, SPRING ONIONS, 1 TBSP OLIVE OIL, LEMON MUSTARD</p> <p>447 CAL PROT 49G FAT 7G CARBS 9G</p>
SUN	<p>BLUEBERRY PANCAKES</p> <p>APPROX. 500 CAL</p>	<p>CRISPY BAKED APPLE CHIPS</p> <p>80 CAL</p>	<p>FISH, GREEN PEAS, BROCCOLI, GREEN ONIONS, BROWN RICE</p> <p>540 CAL PROT 35G FAT 24G CARBS 45G</p>	<p>BANANA BERRIES SMOOTHIE</p> <p>220 CAL PROT 2G CARBS 45G FAT 3G</p>	<p>BAKED FALAFEL SANDWICH WITH CAULIFLOWER, AVOCADO, SPICES, PAPRIKA VEGGIES, YOGURT TAHINI SAUCE SPINACH WRAP</p> <p>435 CAL PROT 24G CARBS 24G FAT 28G</p>

04	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	BANANA SPLIT WITH GREEK YOGURT PEANUT BUTTER, BLUEBERRIES, HONEY 326 CAL PROT 15G CARBS 32G FAT 15G	APPLE WITH ALMONDS 175 CAL PROT 4G CARBS 27G FAT 8G	LENTILS CAULIFLOWER ,CARROTS, CAPSICUM, TURMERIC, CUMIN, SMOKED PAPRIKA, SWEET POTATO, KALE, ALMONDS, MINT LEAVES, SALT, PEPPER CREAMY HARISSA SAUCE 750 CAL PROT 28.5G FAT 37G CARBS 74G	GREEN JUICE 162 CAL 4.3G PROT CARBS 40G	CHICKEN BURRITO BOWL BROWN RICE, CHICKEN BREAST, BELL PEPPERS, LETTUCE, TOMATO, CORN 340 CAL PROT 38G CARBS 35G FAT 8G
TUESDAY	OMELET,AVOCADO, BEETROOTS, GREEN SALAD, TOMATOES GREEN ONIONS 420CAL PROT 21G CARBS 15G FAT 34G	ALMONDS 85 CAL PROT 3G FAT 7.5G CARBS 3G	KALE, GRILLED SALMON SALAD WITH BLACK RICE EDAMAME RADISH AND HONEY MUSTARD SAUCE 620 CAL PROT 42G FAT 18G CARBS 52G	FRUIT SALAD 100 CAL	TURKEY AND MOZZARELLA SPINACH WRAP WITH AVOCADO, LETTUCE, TOMATO AND MUSTARD 550 CAL PROT 19G FAT 29G
WED	OATS, DATES, BANANA, PEANUT BUTTER, ALMOND MILK 510 CAL PROT 15G CARBS 85G FAT 13G	ALMONDS, KALE WITH APPLE CIDER VINEGAR 85 CAL FAT 7G PROT 3G CARBS 3G	CHICKEN BREAST SWEET POTATO AND MUSHROOM SAUCE, OLIVE OIL, PARSLEY 465 CAL PROT 38G CARBS 24G FAT 4G	CARROT APPLE CELERY 145 CAL PROT 3G CARBS 38G FAT 0.3G	LIGHT HALLOUMI LENTIL SALAD , POMEGRANATE SEEDS, OLIVE OIL, POMEGRANATE DRESSING 500 CAL PROT 34G CARBS 42G FAT 9G
THU	GREEK YOGURT, BERRIES, POMEGRANATE SEEDS, ALMONDS, HONEY 185 CAL PROT 14G FAT 5G CARBS 23G	BANANA, ALMOND BUTTER 295 CAL PROT 8G CARBS 29G FAT 17G	COOKED SHRIMPS QUINOA GREEN BEANS LEMON DRESSING, GREEN ONIONS, CUCUMBER WITH SOYA SAUCE, HONEY, OLIVE OIL 450 CAL PROT 31G FAT 18G CARBS 39G	MANGO 107 CAL CARBS 28G	ASIAN CHICKEN SALAD, CABBAGE WITH EDAMAME AND SHREDDED CARROTS, SOY SAUCE 400 CAL PROT 40G CARBS 8G FAT 22G
FRI	TORTILLA SPINACH EGGS TOMATO, MUSTARD, LETTUCE 320 CAL PROT 30G CARBS 3G FAT 22G	HUMMUS DIP WITH VEGGIE ROLLS 265CAL PROT:10G CARBS:20 G FAT:16G	GLUTEN-FREE PASTA CHICKEN BREAST HOMEMADE TOMATO SAUCE, OLIVE OIL BROCCOLI ON THE SIDE 500 CAL PROT 38G CARBS 47G FAT 8G	STRAWBERRIES BEETROOT SALAD, MUSTARD, LEMON, OLIE OIL 120 CAL	AVOCADO TUNA SALAD, LEMON, SALT, GREEN ONIONS ON TOP 400 CAL PROT 37G FAT 25G CARBS 6G
SAT	OATMEAL WITH APPLE CINNAMON DATES AND PEANUT BUTETR 570 CAL PROT 13G CARBS 75G FAT 9G	AVOCADO, HONEY, WALNUTS 230 CAL PROT 3G CARBS 12G FAT 19G	CHICKEN, POTATO AND BROCCOLI 365 CAL PROT 34G FAT 8G CARBS 37G	DATES WITH ALMOND BUTTER 260 CAL PROT 4G CARBS 48G FAT 9G	GRILLED LIGHT HALLOUMI SALAD WITH SUN DRIED TOMATOES SUNFLOWER SEEDS, BEETROOT, PESTO, OLIVE OIL LETTUCE SPINACH 445 CAL PROT 18G CARBS 8G FAT 15G
SUN	OVERNIGHT CHIA PUDDING UNSWEETENED ALMOND MILK HONEY, BANANA AND STRAWBERRIES 350 CAL PROT 15G CARBS 35G FAT 12G	CAULIFLOWER SALAD WITH GARLIC CLOVES, OLIVE OIL, SALT, LEMON, PEPPER 145 CAL PROT 2G CARBS 5G FAT 14G	FREEKEH SALAD, BEETROOT, FREEKEH, DRIED FIGS, POMEGRANATE SEEDS, KALE, MIXED GREENS, CHICKEN 595 CAL PROT 40G CARBS 65G FAT 16G	RICE CAKES TIRAMISSU 180 CAL PROT 13.6G FAT 0.8G CARBS 28G	AUTUMN SALAD KALE, BRUSSEL SPROUTS, SWEET POTATO, GREEN APPLE, LENTILS, RED ONION, WALNUTS, CRANBERRIES, APPLE CIDER VINEGAR 615 CAL PROT 17G CARBS 52G FAT 34G

THE SLOW
X
Clara Abou Nassar

O2 FUEL UP PLAN

2500 - 3000 CAL/DAY



01	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>EGGS, BABY SPINACH, SWEET POTATO, MOZZARELLA, CHERRY TOMATOES, ROSEMARY, DILL, CHILI FLAKES, LEMON, SALT PEPPER</p> <p>570 CAL PROT 38G FAT 32G CARBS 30G</p>	<p>GREEK YOGURT BANANA, DATES</p> <p>335 CAL PROT 17.2G FAT 0.4G CARBS 69G</p>	<p>CHICKEN BREAST, WHITE RICE, SPINACH, SWEET POTATO, VEGGIES, PICKLES</p> <p>780 CAL PROT 76.2G FAT 4.4G CARBS 100G</p>	<p>LUPIN BEANS, WALNUTS</p> <p>340 CAL PROT 29.5G FAT 21G CARBS 17G</p>	<p>CHICKPEA SALAD WITH CHICKEN BREAST, CRUMBLLED FETA, QUINOA, GARLIC, VEGGIES, KALE, AVOCADO, RED ONIONS, DRIED APRICOTS, AND BALSAMIC VINEGAR DRESSING,</p> <p>692 CAL PROT 29G FAT 35G CARBS 67G</p>
TUESDAY	<p>GREEK YOGURT, WHEY PROTEIN, PEANUT BUTTER, MIXED BERRIES, POMEGRANATE SEEDS, HONEY, GOGI BERRIES</p> <p>443 CAL PROT 36.5G FAT 17G CARBS 46G</p>	<p>VEGAN ROLLS WITH ASIAN SAUCE</p> <p>300 CAL</p>	<p>GRILLED SALMON AND VEGGIE SKEWERS SIDE QUINOA</p> <p>910 CAL PROT 61G FAT 45G CARBS 60G</p>	<p>HUMMUS WITH CUCUMBER AND CARROT STICKS</p> <p>408 CAL PROT 19G FAT 30G CARBS 20G</p>	<p>TUNA SALAD, EGGS, BAKED POTATO KALE, VEGGIES, RED ONIONS, BREAD CRUMBS,</p> <p>506 CAL PROT 59G FAT 16.5G CARBS 35G</p>
WED	<p>ORIGINAL SHAKSHOUKA</p> <p>650 CAL PROT 22G FAT 40G CARBS 44G</p>	<p>DATES, WITH PEANUT BUTTER</p> <p>472 CAL PROT 8.8G FAT 16G CARBS 82G</p>	<p>MEXICAN WRAP, MINCED MEAT, BLACK BEANS, CORN, TOMATO, BELL PEPPER, AVOCADO, RED ONIONS, CILANTRO, CUP BREAD CRUMBS, LEMON, RANCH SAUCE</p> <p>950 CAL PROT:65G FAT 50G CARBS 63G</p>	<p>HALO CHIPS WITH TZATZIKI DIP,</p> <p>250 CAL PROT 18G FAT 9G CARBS 24G</p>	<p>CREAMY MUSHROOM SOUP WITH CHICKEN BREAST, MOZZARELLA, PARMESAN CHEESE AND CROUTONS.</p> <p>340 CAL PROT 20G FAT 28G CARBS 5G</p>
THU	<p>SPINACH 5 TURKEY WRAP WITH MOZZARELLA AND ½ AVOCADO SPINACH AND TURKEY WRAP WITH EGG, AND AVOCADO</p> <p>505 CAL PROT 52.5G CARBS 7.5G FAT 19G</p>	<p>GOAT CHEESE PUFF PASTRY</p> <p>280 CAL PROT 8G FAT 18G CARBS 10G</p>	<p>KALE CHICKEN AND QUINOA SALAD, TOASTED ALMONDS, CRANBERRIES, ORANGE BALSAMIC VINEGAR</p> <p>955 CAL PROT 55.5G FAT 30G CARBS 70G</p>	<p>GREEK YOGURT DIP WITH LEMON, GARLIC, OLIVE OIL, SALT PEPPER CUCUMBERS FRESH DILL AND ZUCCHINI CHIPS</p> <p>200 CAL PROT 20G FAT 15G CARBS 12G</p>	<p>SMOKED SALMON SALAD, EDAMAME, AVOCADO, MANGO, BABY SPINACH, LETTUCE, CAPRES, LEMON MUSTARD DRESSING</p> <p>580 cal PROT 35G FAT 39G CARBS 24G</p>
FRI	<p>SWEET POTATO BEDS WITH VEGGIES, BOILED EGGS, RADISH, AVOCADO SIDE, PICKLED RED ONIONS, LEMON, SALT, PEPPER</p> <p>510 CAL PROT 21.5G FAT 25G CARBS 49G</p>	<p>CHOCOLATE PROTEIN SHAKE</p> <p>180 CAL</p>	<p>COOKED SALMON TERIYAKI , WITH WHITE RICE, GREEN ONIONS, VEGGIES ON THE SIDE AND MANGO</p> <p>800 CAL PROT 56G FAT 20G CARBS 87G</p>	<p>DATES WITH PB</p> <p>470 CAL PROT 10G FAT 16G CARBS 75G</p>	<p>SALAD FETTA AND ARUGULA, LETTUCE, TOMATO, CUCUMBER, RED ONIONS, CHICKPEAS, PASTA HONEY MUSTARD DRESSING</p> <p>738 CAL PROT 42G FAT 37G CARBS 74G</p>
SAT	<p>ORGANIC SALMON AND EGGS ON TOASTED BREAD WITH CREAM CHEESE AND AVOCADO</p> <p>750 CAL PROT 52G FAT 56G</p>	<p>COOKED ZUCCHINI, ROASTED ALMONDS, WALNUTS, MOZZARELLA, LEMON, MUSTARD, SALT</p> <p>354 CAL PROT 19G FAT 26.6G CARBS 13G</p>	<p>ORANGE CHICKEN, RICE SIDE BROCCOLI</p> <p>788 CAL PROT 77G FAT 8G CARBS 90G</p>	<p>LUPIN BEANS</p> <p>160 CAL PROT 26G FAT 1.6G CARBS 12G</p>	<p>COOKED SHRIMP SALAD: SHRIMPS, QUINOA, AVOCADO, GREEN BEANS, HONEY MUSTARD DRESSING</p> <p>648 CAL PROT 34G FAT 27G CARBS 76G</p>
SUN	<p>MINI BANANA PANCAKES</p> <p>500 CAL PROT 40G FAT 5G CARBS 75G</p>	<p>TOMATO SALAD WITH MOZZARELLA, SALT, PEPPER, BASIL</p> <p>200 CAL PROT 12G FAT 14G CARBS 6G</p>	<p>VERMICELLI NOODLE WITH TERIYAKI CHICKEN, NOODLES</p> <p>995 CAL PROT 80G FAT 18G CARBS 100G</p>	<p>HALO CHIPS WITH LABNEH DIP</p> <p>340 CAL PROT 18G FAT 20G CARBS 25G</p>	<p>TURKEY AND CHEESE WRAP, MOZZARELLA, AVOCADO, PESTO SAUCE, SUN DRIED TOMATOES WHOLEGRAIN WRAP MUSTARD, VEGGIES</p> <p>690 CAL PROT 38G FAT 43G CARBS 31.5G</p>

02	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>SMOKED SALMON AND CREAM CHEESE ON BAGEL, CAPRES, OLIVE OIL, LEMON</p> <p>625CAL PROT 43G FAT 36G CARBS 25G</p>	<p>BANANA BITES WITH PEANUT BUTTER</p> <p>510 CAL PROT 11.6G FAT 32G CARBS 28G</p>	<p>COOKED SHRIMPS QUINOA, EDAMAME, GREEN ONIONS BROCCOLI</p> <p>670 CAL PROT 53G FAT 25G CARBS 65G</p>	<p>YOGURT WHEY, BANANA, PEANUT BUTTER AND CINNAMON</p> <p>348 CAL PROT 32G FAT 10G CARBS 37G</p>	<p>VEGGIE HUMMUS, AVOCADO BREAD WRAP WITH POMEGRANATE DRESSING</p> <p>590 CAL PROT 30G FAT 35G CARBS 58G</p>
TUESDAY	<p>APPLE OATMEAL WITH WHEY PROTEIN, UNSWEETENED ALMOND MILK APPLE WITH STEVIA</p> <p>587 CAL PROT 31G CARBS 95G FAT 10G</p>	<p>LOW FAT GREEK YOGURT WITH ALMONDS, PEANUT BUTTER</p> <p>236 CAL PROT 17G FAT 15G CARBS 9.5G</p>	<p>TUNA, SWEET POTATO QUINOA, MIXED WITH MUSTARD DIJON AND LEMON, CHERRY TOMATOES LETTUCE LEMON BASIL SAUCE,</p> <p>743 CAL PROT 46G FAT 28G CARBS 75G</p>	<p>EDAMAME PODS WITH SOYA SAUCE</p> <p>115 CAL PROT 12G FAT 4G CARBS 8G</p>	<p>BABY SPINACH MUSHROOMS BLUEBERRIES BEETROOT EGGS SHREDDED PARMESAN, WALNUTS BALSAMIC DRESSING,</p> <p>880 CAL PROT 50G FAT 49G CARBS 10G</p>
WED	<p>BAKED GOAT CHEESE DIP, GARLIC, SOURDOUGH BREAD, DRIED BASIL, DRIED OREGANO, TOMATO SAUCE</p> <p>682 CAL PROT 20G FAT 45G CARBS 35G</p>	<p>DATES WITH PEANUT BUTTER AND CHOCOLATE SYRUP</p> <p>428 CAL PROT 7G FAT 8G CARBS 90G</p>	<p>CHICKEN AND VEGGIE STIR-FRY BROCCOLI BELL PEPPERS SNAP PEAS LOW SODIUM SOY SAUCE WHITE RICE</p> <p>950 CAL PROT 70G FAT 35.5G CARBS 70G</p>	<p>FRUIT SALAD</p> <p>150 CAL</p>	<p>PUMPKIN SOUP WITH CHICKEN BREAST AND SIDE PROTEIN CRACKERS</p> <p>565 CAL PROT 50G FAT 20G CARBS 55G</p>
THU	<p>EGGS AVOCADO SOURDOUGH BREAD BABY SPINACH, TOMATOES, BASIL</p> <p>720 CAL PROT 37G FAT 40G CARBS 45G</p>	<p>GREEK YOGURT WITH WHEY PROTEIN AND PEANUT BUTTER</p> <p>243CAL PROT 30G FAT 10G CARBS 9G</p>	<p>BEEF WRAP , CARAMELIZED ONIONS, MOZZARELLA , CHEDDAR CHEESE WITH SIDE OF BAKED POTATO</p> <p>770 CAL PROT 43G FAT 34G CARBS 50G</p>	<p>GRANOLA CHOCOLATE</p> <p>370 CAL</p>	<p>CHICKEN BREAST, LIGHT HALLOUMI, BEETROOT, DRIED PLUMS CRISPY CARAMELIZED ONIONS, POMEGRANATE</p> <p>723 CAL PROT 55G FAT 22G CARBS 80G</p>
FRI	<p>ACAI BOWL THE SLOW WITH PROTEIN</p> <p>447 CAL PROT 23.5G CARBS 40G FAT 16.5G</p>	<p>ALMONDS WITH BANANA</p> <p>210 CAL PROT 5.5G CARBS32G FAT 10.4G</p>	<p>FISH FILET WITH COOKED MUSHROOMS AND BROWN RICE ON THE SIDE COOKED BROCCOLI, CARROTS, GREEN PEAS,</p> <p>700CAL PROT 57G FAT 21G CARBS 60G</p>	<p>HALO CHIPS WITH LABNEH DIP</p> <p>340 CAL PROT 18G FAT 20G CARBS 25G</p>	<p>SEARED TUNA SALAD WITH KALE, BABY SPINACH, QUINOA MIX, EDAMAME, EGGS, GOGI BERRIES, TOASTED NUTS, LEMON BASIL SAUCE</p> <p>960 CAL PROT 60G FAT 46G CARBS 75G</p>
SAT	<p>COTTAGE CHEESE ON SOURDOUGH EGGS BLUEBERRIES AND SPINACH AND AVOCADO ON THE SIDE</p> <p>570 CAL PROT 32G FAT 21G CARBS 49G</p>	<p>VANILLA PROTEIN SHAKE WITH BERRIES,</p> <p>180 CAL 18G PROT</p>	<p>COOKED LENTILS, LIGHT HALLOUMI POMEGRANATE SEEDS GREEN ONIONS LEMON, DEBS EL REMMEN,</p> <p>1000 CAL PROT 55G FAT 40G CARBS 100G</p>	<p>BANANA WITH PEANUT BUTTER AND CHOCOLATE SPREAD</p> <p>280 CAL PROT 6G FAT 12G CARBS 40G</p>	<p>CHICKEN AVOCADO SALAD LETTUCE, RED CABBAGE, GRILLED CHICKEN, AVOCADO, BROWN TOAST, BREADCRUMBS, GRILLED ROASTED CORN, SWEET POTATO, SPRINKLE PARM CHEESE, RANCH SAUCE</p> <p>1000 CAL PROT 82G FAT 27G CARBS 79G</p>
SUN	<p>CHOCOLATE PROTEIN PANCAKES</p> <p>500 CAL</p>	<p>DATES, FETTA, HONEY</p> <p>302 CAL PROT 7G FAT 10G CARBS 45G</p>	<p>STEAK FILET SWEET POTATO MUSHROOM SAUCE, COOKED ZUCCHINI AND CARROTS</p> <p>600 CAL PROT 50G FAT 38G CARBS 40G</p>	<p>PROTEIN COOKIES</p> <p>UNKOWN</p>	<p>SMOKED SALMON SALAD KALE GREEN APPLE,EDAMAME, BLACK RICE, SPINACH, LIGHT BALSAMIC</p> <p>860 CAL PROT 59G CARBS 75G FAT 39G</p>

03	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>CHIA PROTEIN PUDDING WITH WHEY BERRIES AND PEANUT BUTTER</p> <p>500 CAL PROT 33G FAT 29G</p>	<p>HALO CHIPS WITH LABNEH DIP, DILL, LEMON, SALT, PEPPER</p> <p>340 CAL PROT 18G FAT 20G CARBS 25G</p>	<p>MINCED BEEF, BEANS, AVOCADO, SWEET POTATO, TOMATOES BASIL, BREAD CRUMBS, CUP RICE, PARSLEY</p> <p>1010CAL PROT 50.5G FAT 42G CARBS 100G</p>	<p>CARROT CAKE BITES</p> <p>350 CAL PROT 16G CARBS 37G FAT 30.5G</p>	<p>EGGS AND POTATOES SALAD WITH GREEN ONIONS, OLIVES, RANCH SAUCE</p> <p>650 CAL PROT 33G FAT 34G CARBS 49G</p>
TUESDAY	<p>OATS WITH WHEY, EGG, CHOCOLATE UNSWEETENED ALMOND MILK, BANANA DATES, CINNAMON</p> <p>690 CAL PROT 57G CARBS 100G FAT 14G</p>	<p>TURKEY ROLL UPS WITH CUCUMBER PICKLE AND BABY TOMATO</p> <p>106 CAL PROT 13G FAT 1 G CARBS 12G</p>	<p>BURGER BOWL MINCED BEEF GRATED CHEESE, CHERRY TOMATOES, ONION, AIR-FRIED FRIES SAUCE:</p> <p>1166 CAL PROT 84G FAT 70G CARBS 44G</p>	<p>OLOA GRANOLA WITH PEANUT BUTTER SPREAD</p> <p>350 CAL</p>	<p>ORANGE CHICKEN TACOS RED BELL PEPPERS, GREEN ONIONS, PARSLEY, LEMON, SALT, SHREDDED CARROTS</p> <p>572 CAL PROT 42G FAT 19G CARBS 58G</p>
WED	<p>EGGS GREEN ONIONS WITH TURKEY INSTEAD OF BACON AND AVOCADO ON SOURDOUGH</p> <p>590 CAL PROT 47G CARBS 35G FAT 27G</p>	<p>PEANUT BUTTER CELERY STICKS</p> <p>360 CAL PROT 16G FAT 32G CARBS 20G</p>	<p>GRILLED CUBED SALMON WITH TERIYAKI SAUCE, SESAME OIL RICE AND GREEN PEAS, GREEN ONIONS, MANGO</p> <p>900 CAL PROT 50G FAT 20G CARBS 100G</p>	<p>COTTAGE CHEESE WITH PEACH AND HONEY AND CHIA SEEDS NUTS, GRANOLA</p> <p>450 CAL PROT 20G FAT 15G CARBS 55G</p>	<p>LIGHT HALLOUMI, CHICKEN BREAST SALAD WITH QUINOA POMEGRANATE SEEDS AND POMEGRANATE DRESSING CUP CARAMELIZED ONIONS LETTUCE</p> <p>700 CAL PROT 40G FAT 15G CARBS 80G</p>
THU	<p>PEANUT BUTTER SOURDOUGH TOAST WITH BANANA, GRANOLA, BLUEBERRIES</p> <p>600 CAL PROT 20G FAT 25G CARBS 65G</p>	<p>HUMMUS DIP WITH VEGGIE ROLLS</p> <p>500 CAL PROT 20G FAT 30G CARBS 30G</p>	<p>PASTA PENNE HOMEMADE TOMATO SAUCE WITH CHICKEN BREAST STRIPS, PARMESAN CHEESE, SALT, BASIL</p> <p>800 CAL PROT 60G FAT 15G CARBS 85G</p>	<p>FIGS, GOAT CHEESE, WALNUTS, HONEY</p> <p>350 CAL PROT 15G FAT 20G CARBS 27G</p>	<p>SWEET POTATO BURRITO BOWL BLACK BEANS, QUINOA, AVOCADO, LIME TAHINI SAUCE, SPICES RED BELL PEPPERS, RED ONIONS, VEGETABLE BROTH, BLACK BEANS, CILANTRO, LEMON</p> <p>700 CAL PROT 25G FAT 20G CARBS 90G</p>
FRI	<p>BAKED FETTA WITH HONEY AND DATES</p> <p>700 CAL PROT 20G FAT 35G CARBS 70G</p>	<p>ALMONDS, WALNUTS, POPCORN</p> <p>350 CAL PROT 10G FAT 30G CARBS 20G</p>	<p>FETA SALMON PASTA CHERRY TOMATOES, SHALLOT, SPAGHETTI, SALT, ONION, PEPPER, BASIL, PEAS, LEMON</p> <p>570 CAL PROT 35G FAT 20G CARBS 40G</p>	<p>LUPIN BEANS</p> <p>160 CAL PROT 26G FAT 1.6G CARBS 12G</p>	<p>CHICKEN WRAP WITH TORTILLA WRAPS, AVOCADO, ASIAN SAUCE</p> <p>750 CAL PROT 45G FAT 25G CARBS 80G</p>
SAT	<p>SMOKED SALMON ON SOURDOUGH WITH CREAM CHEESE, CUCUMBERS SHREDDED ,LEMON, SALT</p> <p>650 CAL PROT 40G FAT 25G CARBS 50G</p>	<p>BANANA BERRIES SHAKE</p> <p>340 CAL PROT 23G FAT 5G CARBS 50G</p>	<p>CHICKEN HIGH PROTEIN BURGER EGG, MOZZARELLA AVOCADO, BUN, VEGGIES BAKED POTATO FRIES ON THE SIDE</p> <p>760 CAL PROT 58G FAT 24.5G CARBS 75G</p>	<p>HALO CHIPS WITH CUP LABNEH DIP</p> <p>340 CAL PROT 18G FAT 20G CARBS 25G</p>	<p>TUNA SALAD, ALMONDS CUP EDAMAME, PURSLANE, ROCCA, SPRING ONIONS, LEMON MUSTARD</p> <p>535 CAL PROT 124G FAT 28G CARBS 10G</p>
SUN	<p>CINNAMON PANCAKES</p> <p>UNKNOWN APPROX. 500 CAL</p>	<p>BEETROOT, STRAWBERRY, BASIL SALAD, WALNUTS, FETTA, WITH HONEY MUSTARD SAUCE</p> <p>304 CAL PROT 8G FAT 11G CARBS 47G</p>	<p>MINCED BEEF, EGGS, COOKED SPINACH, GREEN ONIONS, RICE</p> <p>951 CAL PROT 63.5G FAT 42G CARBS 70G</p>	<p>MOLASSES HALLOUMI ON SOURDOUGH</p> <p>580 CAL PROT 30G FAT 22G CARBS 52G</p>	<p>BAKED FALAFEL SANDWICH WITH CAULIFLOWER, AVOCADO, VEGGIES, YOGURT TAHINI SAUCE WITH POMEGRANATE MOLASSES</p> <p>532 CAL PROT 12G FAT 27G CARBS 57G</p>

04	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>BANANA SPLIT GREEK YOGURT WITH WHEY PEANUT BUTTER, BLUEBERRIES, GRANOLA</p> <p>520 CAL PROT 18G CARBS 67G</p>	<p>APPLE JUICE WITH ALMONDS</p> <p>203 CAL PROT 4G CARBS 29G FAT 7G</p>	<p>LENTILS CAULIFLOWER DICES, CARROTS CAPSICUM SWEET POTATO, KALE, ALMONDS MINT LEAVES, SALT, PEPPER CREAMY HARISSA SAUCE</p> <p>860 CAL PROT 32.5G FAT 37G CARBS 90G</p>	<p>PROTEIN TIRAMISU</p> <p>437 CAL PROT 30G FAT 2G CARBS 66G</p>	<p>CHICKEN BURRITO BOWL RICE, CHICKEN BREAST, COLORFUL BELL PEPPERS, LETTUCE, TOMATO, 3 TBSP PARMESAN CHEESE, CARAMELIZED CORN, OLIVE OIL</p> <p>920 CAL PROT 85G FAT 27G</p>
TUESDAY	<p>OMELET OLIVE OIL, CHEESE WITH TOAST GREEN SALAD AND, TOMATOES GREEN ONIONS</p> <p>560 CAL PROT 30G FAT 39G CARBS 34G</p>	<p>PROTEIN SHAKE</p> <p>411 CAL PROT 31G FAT 16.5G CARBS 32G</p>	<p>KALE GRILLED SALMON BLACK RICE EDAMAME RADISH AND ASIAN SAUCE</p> <p>1009CAL PROT 58G FAT 4G CARBS 82G</p>	<p>HALO CHIPS WITH LABNEH</p> <p>340 CAL PROT 18G FAT 20G CARBS 25G</p>	<p>TURKEY AND CHEESE TORTILLA WRAP MOZZARELLA, , VEGGIES AND MUSTARD</p> <p>555 CAL PROT 51.5G FAT: 26G</p>
WED	<p>BANANA DATES OATMEAL</p> <p>747 CAL PROT 25G FAT 16G CARBS 128G</p>	<p>ALMONDS, BANANA</p> <p>210 CAL PROT 5.3G FAT 9G CARBS 29G</p>	<p>CHICKEN BREAST WITH POTATO PUREE AND MUSHROOM SAUCE, SIDE OF BROCCOLI, GREEN PEAS, CARROTS</p> <p>800 CAL PROT 64G CARBS 60G FAT 29G</p>	<p>OLOA GRANOLA WITH PEANUT BUTTER</p> <p>350 CAL</p>	<p>LIGHT HALLOUMI LENTIL SALAD WITH POMEGRANATE SEEDS AND POMEGRANATE DRESSING</p> <p>765 CAL PROT 40G FAT 29G CARBS 86G</p>
THU	<p>YOGURT, CHOCOLATE PROTEIN POWDER, BERRIES, HONEY</p> <p>250 CAL PROT 34G FAT 7G CARBS 28G</p>	<p>APPLE JUICE WITH ALMONDS AND WALNUTS</p> <p>205 CAL PROT 4G CARBS 29G FAT 8G</p>	<p>COOKED SHRIMPS QUINOA GREEN PEAS LEMON OLIVE OIL DRESSING, GREEN ONIONS, CUCUMBER WITH HONEY, SOY SAUCE, SESAME OIL, GARLIC</p> <p>647 CAL PROT 29G FAT 24G CARBS 75G</p>	<p>ENERGY BALLS</p> <p>490 CAL PROT 13G FAT 23G CARBS 59G (3 BALLS)</p>	<p>AVOCADO TUNA SALAD WITH ENGLISH MUFFINS</p> <p>680 CAL PROT 44.5G FAT 28G CARBS 65G</p>
FRI	<p>TORTILLA SPINACH EGGS TOMATO</p> <p>551 CAL PROT 38G FAT 39G CARBS 10G</p>	<p>CHOCOLATE WHEY WITH BANANA</p> <p>190CAL PROT 18G CARBS 14G FAT 2G</p>	<p>PASTA MINCED MEAT HOMEMADE TOMATO SAUCE, GREEN PEAS ON THE SIDE</p> <p>770 CAL PROT 41G FAT 32G CARBS 68G</p>	<p>CINNAMON APPLE YOGURT BITE</p> <p>465 CAL PROT 18G CARBS 54G FAT 23G</p>	<p>ASIAN CHICKEN SALAD PURPLE AND WHITE CABBAGE EDAMAME AND SHREDDED CARROTS, SESAME OIL, SOY SAUCE, HONEY CAN ADD MORE DRESSING</p> <p>410 CAL PROT 44G CARBS 7G FAT 21G</p>
SAT	<p>OATS WITH BANANA WHEY CINNAMON SWEETENER DATES AND PEANUT BUTTER, HONEY</p> <p>600 CAL PROT 26G CARBS 86G FAT 15G</p>	<p>HUMMUS DIP WITH VEGGIE ROLLS</p> <p>265CAL PROT:10G CARBS:20 G FAT:16G</p>	<p>CRISPY CHICKEN BAKED POTATOES BROCCOLI</p> <p>960 CAL PROT 52G CARBS 98G</p>	<p>ALMONDS, BANANA</p> <p>210 CAL PROT 5.3G FAT 9G CARBS 29G</p>	<p>GRILLED LIGHT HALLOUMI PESTO WITH SUN DRIED TOMATOES TOASTED PAINS DE MIE SPINACH</p> <p>680 CAL PROT 29G CARBS 51G FAT 29G</p>
SUN	<p>CINNAMON PANCAKES</p> <p>UNKNOWN APPROX. 500 CAL</p>	<p>VEGAN ROLLS</p> <p>300 CAL</p>	<p>FREEKEH SALAD: BEETROOT, FREEKEH, DRIED FIGS, POMEGRANATE SEEDS, TOASTED ALMONDS, KALE, MIXED GREENS, GOAT CHEESE, CHICKEN</p> <p>1000 CAL PROT 56G FAT 60G CARBS 76G</p>	<p>1 PROTEIN TIRAMISU</p> <p>437 CAL PROT 30G FAT 2G CARBS 66G</p>	<p>COZY DINNER LAZAGNA SOUP (SAVED) COMBINE</p> <p>650 CAL PROT 30G FAT 34G CARBS 44G</p>

THE SLOW
X
Clara Abou Nassar

03 LEAN LIFE PLAN

1200-1550 CAL/DAY



01	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	EGGS, BABY SPINACH, SWEET POTATO CHERRY TOMATOES, ROSEMARY, DILL, CHILI FLAKES, LEMON, SALT PEPPER 290CAL PROT 18.3G CARBS 34.6G FAT 1.5G	LOW FAT GREEK YOGURT WITH BERRIES 100 CAL PROT 13G CARBS 11G FAT 2 G	CHICKEN BREAST RICE, SPINACH, BAKED POTATO, VEGGIES, PICKLES 315 CAL PROT 39G CARBS 31G FAT 2G	POPCORN AIR-POPPED 62 CAL PROT 2G CARBS 12 G FAT 2G	CHICKPEA SALAD WITH FETTA, GARLIC CLOVES, VEGGIES, KALE, CUCUMBERS, RED ONIONS, CUP DRIED APRICOTS, AND BALSAMIC VINEGAR DRESSING 470 CAL PROT 20G CARBS 63G FAT 30.5G
TUESDAY	GREEK YOGURT, MIXED BERRIES, POMEGRANATE SEEDS, HONEY, PEANUT BUTTER, CHIA SEEDS 270 CAL PROT: 20.2G CARBS:33.4G FAT: 19.5G	VEGAN ROLLS 150 CAL PROT: 6G CARBS: 25G FAT: 1 G	ISH FILET SLICED, LEMON, GARLIC SWEET POTATO COOKED ZUCCHINI AND CARROTS, GREEN PEAS 400 CAL PROT 38G FAT 4G CARBS 50G	HUMMUS WITH CUCUMBER STICKS 215CAL PROT:8G CARBS:17 G FAT:16G	TUNA SALAD KALE VEGGIES, RED ONIONS, BREAD CRUMBS 345 CAL PROT: 54G CARBS: 21.7G FAT: 6.5G
WED	GOAT CHEESE AND TOMATO SOURDOUGH BREAD 340 CAL PROT: 22G CARBS: 8G FAT: 15G	DATES, BUTTER 117CAL PROT: 1.4G CARBS:23G FAT:3.2G	MEXICAN BOWL: MINCED BEEF CORN BLACK BEANS, RICE, RED BELL PEPPERS, TOMATOES BREAD CRUMBS, LOW FAT GREEK YOGURT 520 CAL PROT: 39.3G CARBS:46.5G FAT: 17.2G	HALO CHIPS 160 CAL PROT:8G CARBS: 20G FAT:5G	TOMATO SOUP 260 CAL PROT 7G FAT 23 G CARBS 10G
THU	SPINACH TURKEY WRAPS, MOZZARELLA, 300 CAL PROT: 30G CARBS: 3G FAT: 23.5G	FRUIT SALAD 100 CAL PROT 1G CARBS 25G FAT:1G	KALE, CHICKEN BREAST WITH QUINOA SALAD, CRANBERRIES, ORANGE BALSAMIC VINEGAR 460CAL PROT:39G FAT 18.4G CARBS 33.2G	TZATZIKI AND ZUCCHINI CHIPS 250CAL PROT 10G CARBS 6G FAT 11G	BAKED FALAFEL LETTUCE, TOMATO, ONIONS, MUSTARD, LEMON, SALT, SPICES, LEMON, TAHINI SAUCE 450 CAL PROT: 10G CARBS:54G FAT: 39G
FRI	SWEET POTATO BEDS, VEGGIES, BOILED EGGS, RADISH, PICKLED RED ONIONS, LEMON, SALT, PEPPER 250 CAL PROT 20G CARBS 23.6G FAT 0.2G	APPLE 80 CAL PROT:0.5G FAT:0.3G CARBS:25G	COOKED SALMON TERIYAKI WITH CAULIFLOWER RICE, GREEN ONIONS, CUCUMBERS VEGGIES ON THE SIDE, SPRINKLE OF SESAME SEEDS 380CAL PROT 29G FAT 14G CARBS 39G	DATES WITH ALMONDS 290 CAL PROT 5 G CARBS 52G FAT 9.3G	SALAD FETTA ARUGULA, LETTUCE, TOMATO, CUCUMBER, RED ONIONS, PASTA, RADISH LEMON MUSTARD DRESSING 484 CAL PROT 17.5G FAT 35.5G CARBS 25G
SAT	OATMEAL WITH UNSWEETENED ALMOND MILK, WHEY, BANANA, DATES, CINNAMON 327 CAL 22G PROT FAT 5 G CARBS 47G	COOKED ZUCCHINI, ROASTED ALMONDS, LEMON, MUSTARD, SALT 52 CAL PROT 3.5G CARBS 5.5G FAT 5G	ORANGE CHICKEN WITH RICE AND SIDE OF BROCCOLI 557 CAL PROT 48G FAT 6.5G CARBS 92G	CARROTS WITH LEMON, SALT 50 CAL PROT 1 G FAT 0.3G CARBS 12G	SHRIMP SALAD: SHRIMPS, QUINOA, GREEN BEANS LEMON DRESSING, EDAMAME 507 CAL PROT 34G FAT 22G CARBS 47G
SUN	BLUEBERRY PANCAKE RECIPE NOT KNOWN APPROX. 400 CAL	TOMATO SALAD WITH SALT, PEPPER, BASIL, 160 CAL PROT 3 G FAT 14.5G CARBS 7G	VERMICELLI NOODLE WITH TERIYAKI CHICKEN 490 CAL PROT 39.2G CARBS 62.5G FAT 8.6G	1MEDIUM BANANA 80 CAL CARBS 25G PROTEIN 1.3G FAT 0.3G	SMOKED TURKEY AND MOZZARELLA CHEESE WRAP, PESTO SAUCE, MUSTARD, GREEN LEAFY VEGGIES, TOMATOES, MUSTARD, LEMON, SALT 350 CAL PROT: 27G CARBS 30G

02	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>SMOKED SALMON AND CREAM CHEESE ON SOURDOUGH BREAD</p> <p>320 CAL PROT 29G FAT 12.5G CARBS 23G</p>	<p>BANANA</p> <p>80 CAL CARBS 25G PROTEIN 1.3G FAT 0.3G</p>	<p>SHRIMPS RICE CUCUMBERS, EDAMAME TOPPING GREEN ONIONS AND PARSLEY</p> <p>500 CAL PROT 31G FAT 20G CARBS 63G</p>	<p>GREEK YOGURT WITH BERRIES</p> <p>100CAL PROT 10.5G FAT 0.5G CARBS 16G</p>	<p>VEGGIE HUMMUS WRAP, CHICKEN BREAST VEGETABLES , CHERRY TOMATOES, CUCUMBERS</p> <p>300 CAL PROT 20G CARBS 30G FAT 9G</p>
TUESDAY	<p>APPLE OATMEAL,DIET WHEY, UNSWEETENED ALMOND MILK APPLE DICES WITH STEVIA</p> <p>360 CAL PROT 23.5G CARBS 55G FAT 6.3G</p>	<p>ALMONDS</p> <p>80 CAL PROT 3G FAT 7G CARBS 3G</p>	<p>TUNA MIXED WITH MUSTARD DIJON AND LEMON BAKED POTATO, OLIVES, CHERRY TOMATOES LEAFY GREENS, LEMON BASIL SAUCE</p> <p>440 CAL PROT 33.6G FAT 17.8G CARBS 37G</p>	<p>EDAMAME PODS</p> <p>80 CAL PROT 7G FAT 4G CARBS 5G</p>	<p>SALAD: BABY SPINACH, RAW MUSHROOMS, BLUEBERRIES, BEETROOT, EGGS BALSAMIC DRESSING,</p> <p>465 CAL PROT 24G CARBS 17.5G FAT: 30G</p>
WED	<p>TURKEY AND FETTA WRAP TOMATO MUSTARD SPINACH</p> <p>310 CAL PROT 24G FAT 12G CARBS 24G</p>	<p>DATES WITH PEANUT BUTTER</p> <p>160 CAL PROT 3.6G FAT 7.4G CARBS 22G</p>	<p>CHICKEN AND VEGGIE STIR-FRY WITH RICE AND CAULIFLOWER RICE</p> <p>450 CAL PROT 35G FAT 20G CARBS 45G</p>	<p>FRUIT SALAD</p> <p>100 CAL PROT 1G CARBS 25G FAT:1G</p>	<p>PUMPKIN SOUP WITH SIDE OF PROTEIN CRACKERS</p> <p>350 CAL PROT 30G CARBS:25G FAT:10G</p>
THU	<p>EGGS AVOCADO SOURDOUGH BREAD VEGGIES</p> <p>380 CAL PROT 16.5G FAT 21.5G CARBS 30G</p>	<p>BERRIES</p> <p>70 CAL PROT 1G FAT 0.5G CARBS 16G</p>	<p>BEEF WRAP MARINATED BEEF, CUP CARAMELIZED ONIONS, MOZZARELLA ,CHEDDAR CHEESE</p> <p>640 CAL PROT 41G FAT 34G CARBS 38.5G</p>	<p>POPCORN AIR-POPPED</p> <p>62 CAL PROT 2G CARBS 12 G FAT 2G</p>	<p>CHICKEN BREAST, LIGHT HALLOUM POMEGRANATE DRESSING</p> <p>400 CAL PROT 30G FAT 22.5G CARBS 19G</p>
FRI	<p>GREEK YOGURT 0% FAT WITH BERRIES AND HONEY, CHIA SEEDS</p> <p>138 CAL PROT 11.7G FAT 1.5G CARBS 20.3G</p>	<p>ALMONDS</p> <p>80 CAL PROT 3G FAT 7G CARBS 3G</p>	<p>COOKED LENTILS POMEGRANATE SEEDS GREEN ONIONS LEMON, POMEGRANATE DRESSING, PARSLEY TOPPING</p> <p>470 CAL PROT 19G FAT 15.4G CARBS 68G</p>	<p>BANANA</p> <p>80 CAL CARBS 25G PROTEIN 1.3G FAT 0.3G</p>	<p>CHICKEN BREAST TOMATO BASIL LEMON, SALT, BALSAMIC VINEGAR QUINOA,</p> <p>460 CAL PROT 39G FAT 24G CARBS 40G</p>
SAT	<p>COTTAGE CHEESE ON SOURDOUGH TOAST EGG BLUEBERRIES AND BABY SPINACH ON THE SIDE</p> <p>238 CAL PROT 19G FAT 9.5G CARBS 18G</p>	<p>CRISPY BAKED APPLE CHIPS</p> <p>80 CAL</p>	<p>ORANGE CHICKEN WITH RICE AND SIDE OF BROCCOLI</p> <p>557 CAL PROT 48G FAT 6.5G CARBS 92G</p>	<p>CARROTS WITH LEMON, SALT</p> <p>50 CAL PROT 1 G FAT 0.3G CARBS 12G</p>	<p>SHRIMP SALAD: SHRIMPS, QUINOA, GREEN BEANS LEMON DRESSING, EDAMAME</p> <p>507 CAL PROT 34G FAT 22G CARBS 47G</p>
SUN	<p>CHOCOLATE PANCAKE</p> <p>RECIPE NOT KNOWN APPROX. 400 CAL</p>	<p>CUCUMBER AND TOMATO SALAD WITH LEMON, SALT, ONIONS, BASIL</p> <p>60 CAL PROT 2G FAT 1.1G CARBS 9G</p>	<p>FISH FILET SLICED, LEMON, GARLIC SWEET POTATO COOKED ZUCCHINI AND CARROTS, GREEN PEAS</p> <p>400 CAL PROT 38G FAT 4G CARBS 50G</p>	<p>APPLE</p> <p>80 CAL PROT:0.5G FAT:0.3G CARBS:25G</p>	<p>SALAD: GOAT CHEESE, KALE, GREEN APPLE, GRATED BEETROOT BABY SPINACH, BLUEBERRIES, LIGHT BALSAMIC SAUCE</p> <p>514 CAL PROT 18G FAT 32.6G CARBS 41G</p>

03	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	<p>CHIA PUDDING WITH BERRIES AND HONEY</p> <p>280CAL PROT 9G FAT 13.4G GRAMS 36G</p>	<p>LIGHT FETTA AND COOKED ZUCCHINI SALAD</p> <p>90 CAL PROT 5G FAT 4.5G CARBS 2 G</p>	<p>BLACK BEANS, AVOCADO SWEET POTATO, TOMATOES BASIL, RICE, PARSLEY, LETTUCE</p> <p>560 CAL PROT 20G FAT 11G CARBS 92G</p>	<p>CUT CARROTS LEMON, SALT</p> <p>54 CAL PROT 1.2G FAT 0.3G CARBS 12.3G</p>	<p>TZATZIKI CHICKEN WRAP</p> <p>450 CAL PROT 49G FAT 18G CARBS 25G</p>
TUESDAY	<p>FETTA CHEESE AND HONEY, DATES, TOMATO BASIL SPINACH ON SOURDOUGH BREAD</p> <p>486 CAL PROT 17G FAT 23G CARBS 56G</p>	<p>COOKED ZUCCHINI, BROCCOLI, CARROTS WITH LEMON MUSTARD SAUCE</p> <p>70 CAL PROT 3G FAT 1G CARBS 14G</p>	<p>BURGER BOWL LETTUCE, LIGHT GRATED CHEESE, CHERRY TOMATOES, ONION, AIR-FRIED POTATO (FRIES)</p> <p>448 CAL PROT 34.5G FAT 20.3G CARBS 30.5G</p>	<p>STRAWBERRIES WITH 1 TBSP CHOCOLATE SYRUP</p> <p>81 CAL PROT 0.6G FAT 0.7G CARBS 21G</p>	<p>EGGS AND MEDIUM POTATO SALAD WITH GREEN ONIONS, RANCH SAUCE</p> <p>450 CAL PROT 25G FAT 30G CARBS 27G</p>
WED	<p>EGGS TURKEY GREEN ONIONS ON BAGEL</p> <p>325 CAL PROT 28.5G FAT 11G CARBS 27G</p>	<p>CUCUMBER TOMATO BASIL AND LIGHT HALLOUMI STICKS GRILLED</p> <p>100 CAL PROT 8G FAT 6G CARBS 0.5G</p>	<p>SALMON BOWL: GRILLED CUBED SALMON WITH RICE AND GREEN PEAS, MANGO GREEN ONIONS TERIYAKI SAUCE</p> <p>574 CAL PROT 37G FAT 14G CARBS 71G</p>	<p>POPCORN AIR-POPPED</p> <p>62 CAL PROT 2G CARBS 12 G FAT 2G</p>	<p>LIGHT HALLOUMI , CHICKEN BREAST, SALAD WITH POMEGRANATE SEEDS AND POMEGRANATE DRESSING CARAMELIZED ONIONS , LETTUCE, BEETROOT</p> <p>275 CAL PROT 20.5G FAT 13G CARBS 20G</p>
THU	<p>OATS UNSWEETENED ALMOND MILK, WHEY, BANANA, DATES, CINNAMON</p> <p>327 CAL 22G PROT FAT 5 G CARBS 47G</p>	<p>HUMMUS DIP WITH CUCUMBER STICKS</p> <p>200 CAL PROT 7G FAT 14G CARBS 15G</p>	<p>PASTA PENNE HOMEMADE TOMATO SAUCE WITH CHICKEN BREAST STRIPS,</p> <p>450 CAL PROT 40G FAT 20G CARBS 54G</p>	<p>BANANA</p> <p>80 CAL CARBS 25G PROTEIN 1.3G FAT 0.3G</p>	<p>AUTUMN SALAD: KALE, BRUSSEL SPROUTS, BUTTERNUT SQUASH, GOAT CHEESE, RED ONION, CRANBERRIES, APPLE CIDER VINEGAR</p> <p>448 CAL PROT 15G FAT 30G CARBS 28G</p>
FRI	<p>EGGS SPINACH AND MUSHROOMS BERRIES ON THE SIDE PAIN DE MIE</p> <p>325 CAL PROT 24G FAT 12.3G CARBS 38G</p>	<p>ALMONDS</p> <p>80 CAL PROT 3G FAT 7G CARBS 3G</p>	<p>FETA SALMON PASTA FETA SALMON CHERRY TOMATOES, SHALLOT, GARLIC CLOVES, SPAGHETTI, SALT, ONION, PEPPER, BASIL, PEAS, LEMON</p> <p>650 CAL PROT 34G FAT 39G CARBS 33G</p>	<p>LUPIN BEANS</p> <p>192 CAL PROT 17G FAT 9G CARBS 15G</p>	<p>CHICKEN LETTUCE WRAP</p> <p>270 CAL PROT 35.5G FAT 8.6G CARBS 11.5G</p>
SAT	<p>SMOKED SALMON TOASTS WITH CREAM CHEESE, CUCUMBERS ,LEMON, SALT</p> <p>262 CAL PROT 21.5G FAT 13.5G CARBS 15.5G</p>	<p>BANANA</p> <p>70 CAL PROT 1G FAT 0G CARBS 28 G</p>	<p>VEGGIE HUMMUS SANDWICH TORTILLA WRAP LEAFY GREENS, TOMATO, CUCUMBERS, LEMON, POMEGRANATE SAUCE</p> <p>600 CAL PROT 19G FAT 37G CARBS 55G</p>	<p>HALO CHIPS</p> <p>160 CAL</p>	<p>TUNA SALAD, CUP EDAMAME, PURSLANE, ROCCA, SPRING ONIONS, LEMON MUSTARD</p> <p>300 CAL PROT 50G FAT 6G CARBS 15G</p>
SUN	<p>BLUEBERRY PANCAKES</p> <p>400CAL</p>	<p>STRAWBERRY SALAD, BASIL, MUSTARD LEMON SAUCE</p> <p>50 CAL</p>	<p>MINCED BEEF, EGG, COOKED SPINACH, GREEN ONIONS, RICE</p> <p>520 CAL PROT 36G FAT 20G CARBS 45G</p>	<p>FRUIT SALAD</p> <p>100 CAL</p>	<p>CHICKEN QUESADILLAS, WITH ONIONS, GUACAMOLE SPREAD, TOMATOES HERBS, PEPPER, LEAFY GREENS, PICKLES</p> <p>325 CAL PROT 35G FAT 9.5G CARBS 24G</p>

04	BREAKFAST	SNACK 01	LUNCH	SNACKS 02	DINNER
MONDAY	BANANA SPLIT GREEK YOGURT, BLUEBERRIES, SPRINKLE OF GRANOLA FLAKES AND CINNAMON 155 CAL PROT 8G FAT 1G CARBS 32G	ALMONDS 80 CAL PROT 3G FAT 7G CARBS 3G	ROASTED CHICKPEAS, COOKED SALMON MARINATED IN GARLIC, LEMON WITH, QUINOA, GREEN PEAS, RADISH, AND BASIL VINAIGRETTE 510 CAL PROT 35G FAT 19G CARBS 50G	BAKED APPLE CHIPS 80 CAL	CHICKEN BREAST WITH GREEN BEANS COOKED, TOMATOES, BASIL VINAIGRETTE SAUCE 260 CAL PROT 31G FAT 18G CARBS:10G
TUESDAY	OMELET SIDE GREEN SALAD AND TOMATOES GREEN ONIONS 330 CAL PROT 18G FAT 30G CARBS 1.5G	GREEK YOGURT WITH BERRIES 83 CAL PROT 8G FAT 0.5G CARBS 14G	KALE, GRILLED SALMON SALAD WITH EDAMAME RADISH AND LEMON MUSTARD SAUCE AND ½ CUP BLACK RICE 356 CAL PROT 30G FAT 20G CARBS 26G	HALO CHIPS 160 CAL	TURKEY AND MOZZARELLA WRAP WITH LEAFY GREENS AND MUSTARD, CHERRY TOMATOES, PAIN DE MIE 345 CAL PROT 36G FAT 14G CARBS 16G
WED	SWEET POTATO BEDS WITH VEGGIES RADISH AND FETA, EGG, LEMON, SPICES 286 CAL PROT 13G FAT 14G CARBS 28G	BANANA 80 CAL CARBS 25G PROTEIN 1.3G FAT 0.3G	CHICKEN BREAST WITH POTATO PUREE AND MUSHROOM SAUCE, SIDE OF BROCCOLI 473 CAL PROT 40.8G FAT 8.5G CARBS 60.5G	OLOA GRANOLA 160 CAL	SALAD: QUINOA, MOZZARELLA STRAWBERRIES, BEETROOT, COOKED SPINACH, SUNFLOWER SEEDS, BALSAMIC DRESSING 460 CAL PROT 15.6G FAT:2G CARBS:31G
THU	YOGURT, CHOCOLATE PROTEIN POWDER, BERRIES, HONEY 200CAL PROT 29G FAT 1.2G CARBS 25G	APPLE 80 CAL PROT:0.5G FAT:0.3G CARBS:25G	COOKED SHRIMPS QUINOA BRUSSEL SPROUTS, BABY SPINACH LEMON GARLIC DRESSING, GREEN ONIONS 360 CAL PROT 31G FAT 5.5G CARBS 48G	CUPS POPCORN 62 CAL PROT 2G CARBS 12 G FAT 2G	TUNA SALAD WITH, LEMON, SALT, PEPPER ON PAINS DE MIE TOMATOES EDAMAME, GREEN ONIONS ON TOP 365 CAL PROT 43G FAT 6.5G CARBS 28G
FRI	TORTILLA SPINACH EGGS TOMATO, MUSTARD, ONIONS, LEMON 315 CAL PROT 21G FAT 24G CARBS 2 G	LUPIN BEANS 192 CAL PROT 17G FAT 9G CARBS 15G	PASTA SPAGHETTI MINCED MEAT HOMEMADE TOMATO SAUCE 470 CAL PROT 35G FAT 17G CARBS 47G	CINNAMON APPLE YOGURT BITE 314 CAL PROT 27G FAT 5G CARBS 38G	ASIAN CHICKEN SALAD CABBAGE WITH EDAMAME AND SHREDDED CARROTS, SESAME OIL, SOY SAUCE 232 CAL PROT 20G FAT 14G CARBS 7.5G
SAT	OATS 1 APPLE CINNAMON SWEETENER 474 CAL PROT 13G FAT 6G CARBS 92G	FRUIT 80 CAL PROT:0.5G FAT:0.3G CARBS:25G	CHICKEN POTATO BROCCOLI WITH PAPRIKA, CHILI POWDER, CAYENNE PEPPER, ONION AND GARLIC POWDER, BLACK PEPPER, 365 CAL PROT 34G FAT 8G CARBS 37G	OLOA GRANOLA 160 CAL	GRILLED LIGHT FETTA PESTO PAIN DE MIE LEAFY GREENS, SUN DRIED TOMATOES 490 CAL PROT 20G FAT 26G CARBS 22G
SUN	BLUEBERRY PANCAKE 400 CAL	VEGGIE ROLLS, 150 CAL PROT: 6G CARBS: 25G FAT: 1G	FREEKEH SALAD, SHREDDED BEETROOT, POMEGRANATE SEEDS, KALE, MIXED GREENS, GOAT CHEESE, 390 CAL PROT 20.5G FAT 20G CARBS 36.5G	TIRAMISU RICE CAKES 180 CAL PROT 13.6G FAT 0.8G CARBS 28G	CHICKEN NOODLE SOUP, ONION, GARLIC, CELERY, CARROTS, CHICKEN BONE BROTH, LEAVES, THYME TURMERIC, CHICKEN BREASTS, CUP EGG NOODLES 400 CAL PROT 35.2G FAT 18G CARBS 20G

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