

| | Breakfast | Lunch | Snack | Dinner | Price | Calories | Carbs | Protein |
|--------------|-----------------------|----------------------|--------------------------|-----------------------|---------------|-------------|------------|------------|
| Sunday | Tuna Sandwich | Spaghetti Bolognese | Asian Beef Salad (side) | Chicken Shawerma Wrap | 6.550 | 1239 | 125 | 75 |
| Monday | Falafel Protein Wrap | Chicken Protien Pack | Simple Green Salad Pot | Beef Shawerma Wrap | 6.300 | 1298 | 108 | 112 |
| Tuesday | Turkey Rocca Sandwich | Beef Protien Pack | Brown Rice Salad Pot | Light Sushi Platter | 6.950 | 1162 | 146 | 60 |
| Wednesday | Tuna Sandwich | Chicken Protien Pack | Frozen Yogurt (Mini Reg) | Beef Shawerma Wrap | 6.650 | 1199 | 124 | 101 |
| Thursday | Falafel Protein Wrap | Beef Protien Pack | Simple Green Salad Pot | Chicken Shawerma Wrap | 6.600 | 1277 | 90 | 106 |
| Friday | Turkey Rocca Sandwich | Tomato Crème Pasta | Brown Rice Salad Pot | Light Sushi Platter | 7.400 | 1275 | 172 | 49 |
| Saturday | Tuna Sandwich | Spaghetti Bolognese | Strawberry Cheesecake | Chicken Shawerma Wrap | 6.500 | 1298 | 149 | 74 |
| Total | | | | | 46.950 | 8748 | 914 | 577 |

| Item | Price | Calories | Carbs | Protein |
|--------------------------|---------------|-------------|------------|------------|
| Cleanse Smoothie | 1.650 | 220 | 39 | 2 |
| Strength Smoothie | 1.650 | 339 | 39 | 15 |
| Simple Green Salad Pot | 0.650 | 72 | 3 | 1 |
| Brown Rice Salad Pot | 0.850 | 184 | 25 | 4 |
| Asian Beef Salad (side) | 1.150 | 224 | 9 | 11 |
| Turkey Rocca Sandwich | 1.650 | 364 | 43 | 20 |
| Tuna Sandwich | 1.650 | 326 | 38 | 20 |
| Chicken Shawerma Wrap | 0.950 | 291 | 26 | 22 |
| Beef Shawarma Wrap | 1.650 | 384 | 37 | 28 |
| Falafel Protein Wrap | 1.250 | 445 | 39 | 33 |
| Light Sushi Platter | 2.800 | 230 | 41 | 8 |
| Spaghetti Bolognese | 2.800 | 398 | 52 | 22 |
| Tomato Crème Pasta | 2.100 | 497 | 63 | 17 |
| Chicken Protien Pack | 2.750 | 397 | 29 | 50 |
| Beef Protien Pack | 3.750 | 469 | 22 | 50 |
| Strawberry Cheesecake | 1.100 | 283 | 33 | 10 |
| Frozen Yogurt (Mini Reg) | 0.600 | 92 | 20 | 3 |
| | 29.000 | 5215 | 538 | 313 |