

	Kcal	Protein (g)	Carb (g)	Fat (g)
Eagle	589	41	8	42
Swallow	480	34	7	34
		28%	5%	65%

WEEK 1

MON

Lemon Baked Salmon Fillet with Pesto Sauce Sautéed Cauliflower

Chicken Tandoori with Creamy Mushroom Sauce Broccoli

Grilled Beef Burger Patty with Cheese, Bacon & Guacamole Tomato Salsa

Grilled Mackerel Cauliflower Rice

TUE

Seared Duck Breast Tomato Salsa

Pan-fried Tofu and Pork Patties with Creamy Spinach

Baked Fish Fillet with Crushed Nuts with Spinach

Bacon Wrapped Chicken Thigh Okra

WED

Black Pepper Diced Beef with Butter Sautéed Mixed Vegetables

Fried Eggs with Shrimps with Bacon Sautéed Mixed Vegetables

Roasted Pork Loin with Creamy Sautéed Mixed Vegetables

Lamb Chops with Pesto Sauce Tomato Salsa

THURS

Grilled Butter Halibut Fillet with Roasted Mushrooms

Stir-fried Ground Beef with Creamy Spinach

Seared Tuna Steak with Buttered Cauliflower Rice

Chicken Thigh with Stuffed Cheese & Avocado

FRI

Grilled Chicken Burger with Cheese, Bacon & Guacamole Cabbage Salad

Stir-fried Shrimps with Creamy Broccoli

Butter Grilled Beef Steak with Brussel Sprouts

Grilled Pork Belly with Cheesy Sautéed Mixed Vegetables