



 luckyfit

MENU



WEEK	BREAKFAST	INTERMEDIATE BREAKFAST	LUNCH	AFTERNOON BREAKFAST	DINNER
First Week					
FRIDAY	—	—	—	Roasted apple with a bit of honey and cinnamon	<ul style="list-style-type: none"> • Baby spinach, strawberries, balsamic vinegar and olive oil salad • Stonebass fillet with a celery mash and green asparagus
SATURDAY	<ul style="list-style-type: none"> • Egg white omelette, with tomato, cucumber and a slice of whole wheat bread 	Seasonal fruit	<ul style="list-style-type: none"> • Salad • Duck magret with Brussel sprouts and orange 	Nakhut Pancake with fruit puree	<ul style="list-style-type: none"> • Cream of broccoli soup • Grilled asparagus and zucchini with lemon juice
SUNDAY	<ul style="list-style-type: none"> • Vegetable terrine with a corn mousse, poached egg whites and a whole wheat bread slice 	Seasonal fruit	<ul style="list-style-type: none"> • Spelt tabbouleh • Wild Seabream fillet with steamed broccoli 	Skyr with honey and blueberries	<ul style="list-style-type: none"> • Avocado, cucumber and roasted pepper salad • Spinach, sun-dried tomato and vegan mozzarella frittata
MONDAY	<ul style="list-style-type: none"> • Turkey ham, cherry tomatoes and rocket 	Seasonal fruit	<ul style="list-style-type: none"> • Iceberg lettuce, cherry tomato, avocado and taggiasca olives salad • Black Angus beef medallion with wine sauce and polenta with fresh onions 	Oatmeal and dried fruit bar	<ul style="list-style-type: none"> • Our Caprese • Zucchini, mint and nerone rice soup
TUESDAY	<ul style="list-style-type: none"> • Rye toast with homemade hummus, cherry tomatoes and rocket 	Seasonal fruit	<ul style="list-style-type: none"> • Grilled goat's cheese with mixed leaf salad, cherry tomatoes, cucumber and lemon sauce • Vegan Parmigiana 	Avocado-choco cream	<ul style="list-style-type: none"> • Finocchio salad and orange supreme salad • Tuna tataki
WEDNESDAY	<ul style="list-style-type: none"> • Whole-wheat flour and egg pancake 	Seasonal fruit	<ul style="list-style-type: none"> • Green beans with filleted almonds and tomato concasse • Chicken fillet with grilled vegetables 	Coconut-hazelnut biscuits	<ul style="list-style-type: none"> • Roasted ratatouille • Baked falafel
THURSDAY	<ul style="list-style-type: none"> • Salty vegan muffin with sundried tomatoes, spinach and taggiasca olives 	Seasonal fruit	Fresh homemade whole-wheat pasta alla 'Norma'	Oatmeal and dried fruit bar	<ul style="list-style-type: none"> • Baby spinach, cherry tomato, beetroot, hemp seed and citrus dressing salad • Oven baked prawns with rosemary and garlic olive oil

WEEK	BREAKFAST	INTERMEDIATE BREAKFAST	LUNCH	AFTERNOON BREAKFAST	DINNER
Second Week					
FRIDAY	<ul style="list-style-type: none"> Oatmeal with yoghurt and raisins 	Seasonal fruit	<ul style="list-style-type: none"> Red lentil soup Curry chicken fillet with nerone rice 	Chia, oatmeal milk, honey and cocoa flour	<ul style="list-style-type: none"> Baby spinach, strawberries, balsamic vinegar and olive oil salad Salmon fillet with asparagus and hollandaise
SATURDAY	<ul style="list-style-type: none"> Poached egg whites over grilled tomato and rocket whole-wheat toast 	Seasonal fruit	<ul style="list-style-type: none"> Mixed leaf salad with spring onions, radish and mustard dressing Turkey breast with Romanesco broccoli, cauliflower and hummus 	Oatmeal and dried fruit bar	<ul style="list-style-type: none"> Stuffed mushrooms with egg and Italian cheeses Avocado tartare, cucumber and red pepper
SUNDAY	<ul style="list-style-type: none"> Rye toast with cucumber pappardelle, radish and cottage cheese 	Seasonal fruit	<ul style="list-style-type: none"> French lentil soup Seabream fillet with zucchini pappardelle 	Chia pudding – chia, nut milk, maple syrup, vanilla and forest fruit	<ul style="list-style-type: none"> Quinoa, cucumber cherry tomatoes, olives and lemon dressing salad Chickpea, zucchini and eggplant sabji
MONDAY	<ul style="list-style-type: none"> Egg white omelette with pepper salsa and whole-wheat bread slice 	Seasonal fruit	<ul style="list-style-type: none"> Avocado, roasted green pepper, cherry tomato, olives and lemon dressing salad Roast beef tenderloin with pea puree and roasted sweet potato 	Cream of buckwheat, roasted walnuts, sesame tahini, cocoa and honey	<ul style="list-style-type: none"> Cherry tomatoes, baby mozzarella, olives and pesto salad Cream of cauliflower soup
TUESDAY	<ul style="list-style-type: none"> Whole-wheat flour and egg pancake 	Seasonal fruit	<ul style="list-style-type: none"> Rocket, walnut and, pomegranate and honey salad Grilled haloumi with honey and walnuts 	Almond and cocoa biscuit with dark chocolate	<ul style="list-style-type: none"> Baby spinach, strawberries, blue cheese and hazelnut salad Minestrone soup
WEDNESDAY	<ul style="list-style-type: none"> Rye toast with chicken fillet and green salad 	Seasonal fruit	<ul style="list-style-type: none"> Gazpacho soup Chicken breast with pea, spring onion and mint ragu 	Chickpea pancakes with fruit puree	<ul style="list-style-type: none"> Spinach and nettle soup Mish-mash
THURSDAY	<ul style="list-style-type: none"> Oatmeal with yoghurt and raisins 	Seasonal fruit	Egg salad with cucumber, carrot, celery, cherry tomatoes and lemon juice	Oatmeal and dried fruit bar	<ul style="list-style-type: none"> Carrot, cherry tomatoes, cucumber, pine nuts and lemon juice salad Saganaki baby squid
FRIDAY	<ul style="list-style-type: none"> Whole-wheat toast with vegetable pate, cherry tomatoes and olives 	Seasonal fruit	<ul style="list-style-type: none"> Mixed leaf salad, carrot, zucchini, hemp seeds and lemon Fresh whole-wheat spelt pasta with beef mince, tomato sauce and herbs 	—	—