

MENU

CALORIES PER 100 GRAMS



TRIANGLE
HEALTHY KITCHEN

SATURDAY

		Kcals
BREAKFAST:	Avocado egg sandwich	168
	Mushroom omelette with garlic toast	180
	Breakfast chicken wrap	193
	Grilled halloumi wrap	174
LUNCH:	Saffron chicken risotto	173
	Shrimp biryani	163
	Guacamole chicken & sweet potatoes	178
	Chicken beetroot salad	170
DINNER:	Caramelized onion beef burger	178
	Harrisa chicken & roasted cauliflower	187
	Chicken fajita wrap	156
	Seven wonders salad	127
SNACKS:	Chocolate Brownie	316
	Clear veggie soup	32
	Mixed fruit granola bowl	290
	Green salad	69

SUNDAY

		Kcals
BREAKFAST:	Cheese and broccoli omelette	186
	English breakfast	213
	Turkey bacon croissant sandwich	183
	Egg salad sandwich	212
LUNCH:	Chicken majboos	164
	Tenderlion steak with mash & gravy	197
	Chicken stroganoff with white rice	170
	Grilled chicken Greek salad	118
DINNER:	Lemon garlic shrimp pasta	182
	Tandoori chicken & grilled cauliflower	173
	Spaghetti bolognese	178
	Spinach chicken salad	134
SNACKS:	Rocca salad	80
	Chicken soup	64
	Honey cake	263
	Açai berry bowl	220

MONDAY

	Kcals
BREAKFAST: Caramel french toast	212
Creamy spinach & egg croissant	196
Tuna club sandwich	188
Greek omelette	119
LUNCH: Butter chicken with saffron rice	178
Grilled fish with dill rice	157
Lamb keema with brown lentil rice	164
Chickpea, chicken & basil salad	157
DINNER: Chicken mushroom fettuccine	184
Pomegranate chicken wrap	196
Healthy beef tacos	172
Mixed Green salad with fruits	113
SNACKS: Orange salad	78
lentil soup	65
Baked baby cajun potatoes	103
Coconut protein balls	140

TUESDAY

	Kcals
BREAKFAST: Balaleet	189
Falafel wrap	160
Cheese eggs and bacon sandwich	180
Chicken salad sandwich	170
LUNCH: Dynamite chicken & sweet potato mash	174
Sweet potato burger bowl	187
Meat kofta with rice	183
Chicken Cesar salad	153
DINNER: Shrimp marinara with saffron rice	163
Spaghetti and meatballs	176
Chipotle chicken burger	182
Mexican chicken salad	112
SNACKS: Tuna pasta salad	169
Umm Ali	238
Chia fruit salad	105
Pumpkin soup	70

WEDNESDAY

		Kcals
BREAKFAST:	Cheese and turkey omelette	195
	Chocolate chip banana pancake	179
	Smoked turkey and egg club	164
	Mushroom egg & cheese sandwich	180
LUNCH:	Beef bamia with vermicelli rice	178
	Chicken Rose pasta	163
	Armenian grilled chicken	156
	Shredded beef & rocket salad	92
DINNER:	Chicken Club sandwich	170
	Baked salmon with roasted potatoes	204
	Mexican chicken rice bowl	183
	Grilled shrimp salad	113
SNACKS:	Tuna salad	120
	New York style cheesecake	321
	Fruit salad	94
	Saffron vermicelli pudding	244

THURSDAY

		Kcals
BREAKFAST:	Pepperoni egg and cheese sandwich	186
	Chocolate banana Oats with berries	163
	Truffled scrambled egg	193
	Egg & cheddar croissant sandwich	188
LUNCH:	Bukhari rice with chicken	166
	Lemon chicken with veggies and rice	174
	Beef kebbe with rice	182
	Chicken tawook fattoush salad	140
DINNER:	Cajun chicken with mango salsa	165
	Sweedish meat balls and mash potatoes	180
	Shish Tawook with couscous rice	160
	Chicken and carrot salad	108
SNACKS:	Chocolate fudge cake	284
	Broccoli and kale salad	108
	Fruity oats	135
	Chocolate chip baked oats	169