

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Poached Eggs with Tomato Sauce	Banana Pancake with Raspberry Coulie	Foul Moudames	Herbed Hashbrown	Baked Falafel Arabian Side Salad
AM Snack	Vegetable Labneh Dip with Cucumber	Cheese Manakish	Stuffed Artichokes	Olive Hummus with Cucumber	Savory Veggie Sticks with Dip
Lunch	Chicken and Vegetable Stew	Baked Spiced Fish with Vegetables	Chicken Chili	Tuna Quesadilla	Roasted Chicken with Root Vegetables
PM Snack	Saffron and Carrot Halwa	Sweet Pumpkin	Coconut Cookies	Almost Omani Halwa	Orange Pana Cotta
Dinner	Shakriya Brown Rice	Creamy Chicken Cardamom Yellow Lentil Rice	Hearty Beef Stew Cauliflower and Couscous Pilaf	Chicken Bean Stew Brown Rice	Spaghetti Bolognaise Leafy Side