


















SAMPLE MEAL PLAN (ARABIC)

MEAL	FOOD	SIZE/PORTION
Breakfast 8 AM	<p>Broccoli, mushroom, egg and cheese breakfast casserole</p> <p>(use olive oil to spray)</p> <p>OR</p> <p>Shakshuka (baked eggs)</p> <p>PLUS one serve of pita bread</p>	  
Morning tea 11 AM	<p>1 piece of fruit</p> <p>1 cup of tea with or without milk</p>	  
Lunch 1 PM	<p>Chicken shawarma with wholemeal pita bread</p> <p>OR</p> <p>Lean beef shish kebab with rice (brown, basmati or doongara rice)</p> <p>PLUS</p> <p>Tabouleh (take small portions and limit dressing)</p>	  
Afternoon tea 4 PM	<p>Nuts (about 10)</p> <p>OR</p> <p>1 slice of wholemeal toast/ fruit toast</p>	  

	<p>PLUS</p> <p>Cup of tea with or without milk</p>	
<p>Dinner</p> <p>7 PM</p>	<p>Kofta (use lean meat)</p> <p>OR</p> <p>Shish taouk (chicken kebab)</p> <p>PLUS</p> <p>Vegetable salad</p> <p>PLUS</p> <p>1/2 cup of cooked rice (brown, basmati or doongara rice) OR</p> <p>Wholemeal pita bread</p>	   
<p>Supper</p> <p>9 PM</p>	<p>1 cup of milk</p> <p>OR</p> <p>Piece of fruit</p>	