

WEEK 1 & 3 MENU

	Breakfast (6:30 AM)	Lunch (12:30 PM)	Dinner (6 PM)	Snack Options (10 AM and 3 PM)
SUN	<ul style="list-style-type: none"> • Spicy Bangus • Atchara • Scrambled Eggs • Banana, pineapple + Malunggay powder and flax seeds • Vitamins • Friso Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Left-overs 	<ul style="list-style-type: none"> • Left-overs 	<ul style="list-style-type: none"> • Sliced Fruit • Mixed Nuts • Granola Bars • Raisins • Prunes • Cheese sticks • Carrot sticks • Popcorn • Yakult • Peanut butter & jelly Sandwiches • Banana & Nutella • Friso Milk (for kids) • Tea (Green, Turmeric, Morning Boost, etc. - for adults)
MON	<ul style="list-style-type: none"> • Cherry Tomato, Rocket Lettuce and Parma Salad with balsamic vinegar, olive oil and orange zest dressing • Carrot, mango, orange shake • Vitamins • Friso Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Chicken Tinola or Adobo • Monggo Beans • Paksiew na Bangus (or other fish) with eggplant 	<ul style="list-style-type: none"> • Carbonara or Tuna Pasta (with olives, capers, and tomatoes) • Garlic Bread • Buttered vegetables • Fruit 	
TUES	<ul style="list-style-type: none"> • Tuyo • Garlic Brown Rice • Sliced Tomatoes & Onions • Hard-boiled Eggs • Strawberry Banana shake + Malunggay and Flax seeds • Vitamins • Friso Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Molo Soup • Tortang Eggplant • Bangus Back Fillet 	<ul style="list-style-type: none"> • Left-overs 	
WED	<ul style="list-style-type: none"> • Open-faced egg sandwich with Ricotta Cheese, Parmesan Cheese, fresh chives, Arugula, lemon zest, olive oil, with sautéed red and yellow bell peppers and hard boiled egg • Spinach and Blueberry shake • Vitamins • Friso Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Burger Steak with Onions and Mushroom Gravy • Broccoli 	<ul style="list-style-type: none"> • Tomato Basil & Feta Salad • Chicken Gyro • Lentil Soup • Fruit 	

THURS	<ul style="list-style-type: none"> • Yoghurt with Granola • Bagels • Omelet with ground beef, onions, tomatoes, and cheese • Apple, orange and lemon shake + Chlorophyll powder • Vitamins • Friso Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Left-overs 	<ul style="list-style-type: none"> • Shrimp with garlic & olive oil • Paella • Beef Salpicao • Buttered bread with Tomato puree dipping sauce 	
FRI	<ul style="list-style-type: none"> • Tuna sautéed with onions • Brown rice • Scrambled eggs with cheese and spinach • Mixed Berry + Malunggay Powder and Flax seeds • Vitamins • Friso Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Pesto Grilled Cheese Sandwich • Grape & Walnut Salad • Minestrone Soup 	<ul style="list-style-type: none"> • Chicken Terriyaki • Chawan Mushi • Gyoza • Asian Salad • Fruit 	
SAT	<ul style="list-style-type: none"> • French Toast • Nitrate-free Beef or Pork Bacon • Fried Eggs • Strawberry and Watermelon shake + Chlorophyll powder • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Fish & chips (or baked potatoes) • Pumpkin soup • Coleslaw 	<ul style="list-style-type: none"> • Nachos • Charley's Slow Cooker Mexican Style Meat or Chicken Enchiladas or Beef Burritos • Tortilla Soup • Fruit 	

WEEK 2 & 4 MENU

	Breakfast	Lunch	Dinner	Snack Options
SUN	<ul style="list-style-type: none"> • Congee with Chives & Garlic • Tokwa't Fish • Hardboiled Egg • Mixed Berry + Malunggay Powder and Flax seeds • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Left-overs 	<ul style="list-style-type: none"> • Left-overs 	Sliced Fruit Mixed Nuts Granola Bars Raisins Prunes Cheese Popcorn Yakult Peanut butter & jelly Sandwiches Banana & Nutella Friso Milk (for kids) Tea (Green, Turmeric, Morning Boost, etc. - for adults)
MON	<ul style="list-style-type: none"> • Tapa • Garlic Brown Rice • Egg with Sliced Potatoes • Sliced Cucumbers and Tomatoes • Carrot, mango, orange shake • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Bulalo or Kaldereta • Pinakbet 	<ul style="list-style-type: none"> • Chicken Sinigang • Turbo Pork Belly • Laing 	
TUES	<ul style="list-style-type: none"> • Paleo Breakfast Burrito • Cereal or oatmeal • Spinach and Blueberry shake • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Fried Tawilis • Sopas • Sauteed Baguio Pechay 	<ul style="list-style-type: none"> • Left-overs 	
WED	<ul style="list-style-type: none"> • BLT Breakfast Salad with Soft Boiled Eggs and Avocado • Pancakes or Waffles with Peaches • Strawberry Banana shake + Malunggay and Flax seeds • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Chicken Misua or Chicken Inasal • Sauteed cabbage • Fried Bangus Belly (use cornstarch) 	<ul style="list-style-type: none"> • Beef Bulgogi • Korean noodles or Japchae • Tofu • Kimchi • Gimbap • Bean Sprouts • Fruit 	

THURS	<ul style="list-style-type: none"> • Omelet with mushrooms and cheese • Granola Parfait with Bananas • Apple, orange and lemon shake + Chlorophyll Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Left-overs 	<ul style="list-style-type: none"> • Hainanese Chicken Rice • Bokchoy • Laksa <p>Or</p> <ul style="list-style-type: none"> • Beef or chicken satay with peanut butter sauce • Nasi Goreng • Bokchoy 	
FRI	<ul style="list-style-type: none"> • Danggit • Scrambled Eggs • Atchara • Sliced Tomatoes & Cucumber • Watermelon and strawberry + Malunggay powder and flax seeds • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Tuna cheese sandwich • Carrot Sticks • Asparagus 	<ul style="list-style-type: none"> • Thai Spring Rolls • Chicken Curry • Pomelo Salad • Tom Yum Soup • Bagoong Rice • Milk Tea 	
SAT	<ul style="list-style-type: none"> • Sardines • Pandesal or Toast Bread • Kesong Puti • Fried Eggs • Banana, pineapple + Chlorophyll • Vitamins • Milk (for kids) • 1 tsp. of Manuka MGO 250 	<ul style="list-style-type: none"> • Fried Chicken • Mashed Potatoes • Broccoli Cheddar Soup • Salad 	<ul style="list-style-type: none"> • Fried Rice • Steamed Fish with Ginger • Sweet and Sour meatballs • Wonton Noodle Soup • Chopsuey • Fruit 	

Websites for some of the dishes:

Molo Soup

<http://panlasangpinoy.com/2016/05/12/pancit-molo-recipe/>

Grape and Walnut salad

<https://www.google.com.ph/amp/s/www.eatingwell.com/recipe/250842/creamy-grape-salad-with-candied-walnuts/amp/>

Chicken Terriyaki

<http://rasamalaysia.com/chicken-teriyaki-recipe/2/>

Paella

<http://allrecipes.com/recipe/84137/easy-paella/>

Beef Salpicao

<http://panlasangpinoy.com/2010/02/26/easy-beef-salpicao-recipe/>

Tomato Basil and Feta Salad

<https://www.google.com.ph/amp/s/allrecipes.com/recipe/65300/tomato-basil-and-feta-salad/amp/>

Chicken Gyro

<https://www.google.com.ph/amp/s/allrecipes.com/recipe/220274/easy-chicken-gyro/amp/>

Lentil Soup

<http://cookieandkate.com/2015/vegan-lentil-soup-recipe/>

Chawan Mushi

<http://www.japanesecooking101.com/chawanmushi/>

Gyoza

<http://www.taste.com.au/recipes/gyoza-japanese-dumplings/ea9c5431-8d0d-4993-a85b-f58af4c1c290>

Asian Salad

<https://www.google.com.ph/amp/s/allrecipes.com/recipe/11925/asian-salad/amp/>

Charley's Slow Cooker Mexican Style Meat

<http://allrecipes.com/recipe/16995/charleys-slow-cooker-mexican-style-meat/>

Chicken Enchiladas

<https://www.google.com.ph/amp/www.foodnetwork.com/recipes/tyler-florence/chicken-enchiladas-recipe-1907241.amp>

Taco Soup

<https://www.google.com.ph/amp/s/allrecipes.com/recipe/16678/slow-cooker-taco-soup/amp/>

Pumpkin Soup

<http://www.taste.com.au/recipes/pumpkin-soup/e54ab2b5-7d19-4e4b-b383-781292dc4bfb>

Tokwa't Fish

<http://www.overseaspinoycooking.com/2008/07/tokwa-at-isda.html>

Laing

<http://panlasangpinoy.com/2015/01/05/laing-recipe/>

Paleo Breakfast Burrito

<http://tastefulventure.com/paleo-breakfast-burrito/>

BLT Breakfast Salad with Soft Boiled Eggs and Avocado

<http://soletshangout.com/blt-breakfast-salad-with-soft-boiled-eggs-avocado/>

Chicken Inasal

<http://businessdiary.com.ph/1127/how-to-make-authentic-chicken-inasal/>

Tom Yum

<http://www.foodnetwork.com/recipes/tyler-florence/hot-and-sour-thai-soup-tom-yum-goong-recipe-1941520>

Japchae

<https://mykoreankitchen.com/korean-glass-noodle-stir-fry-japchae/>

Gimbap

<http://www.thekitchn.com/how-to-make-gimbap-cooking-lessons-from-the-kitchn-185502>

Nasi Goreng

<http://www.taste.com.au/recipes/nasi-goreng/61cf9d5a-9abe-406b-9d9c-40b6e5f7dbfd>

Kecap Manis (for Nasi Goreng)

<http://www.fussfreecooking.com/recipe-categories/meatless-recipes/make-your-own-kecap-manis-indonesian-sweet-soy-sauce/>

Chicken satay

<http://rasamalaysia.com/recipe-chicken-satay/2/>

Peanut sauce

<http://rasamalaysia.com/malaysian-sataynow-with-peanut-sauce/2/>

Beef satay

<https://www.google.com.ph/amp/s/www.eatingwell.com/recipe/250296/indonesian-beef-satay-with-spicy-peanut-sauce/amp/>

Thai Spring Rolls

<https://www.google.com.ph/amp/s/allrecipes.com/recipe/77527/fresh-spring-rolls-with-thai-dipping-sauce/amp/>

Fried Rice

<https://www.google.com.ph/amp/www.food.com/amp/recipe/chinese-fried-rice-38748>

Wonton Noodle Soup

<http://steamykitchen.com/1194-wonton-noodle-soup.html>