



# EAT FOR MORE ENERGY MEAL PLAN

Each meal in this plan delivers the essential macronutrients your body needs for lasting energy. While this plan offers a breakfast, lunch, dinner and snack option for each of the seven days, feel free to mix and match your favorites, or enjoy any Mindful meal served in your restaurant. All recipes in this plan can be found on the Mindful website: [mindful.sodexo.nl/en](http://mindful.sodexo.nl/en). Enjoy!



	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	<b>Mushroom omelet</b> <ul style="list-style-type: none"> <li>• egg</li> <li>• whole grain bread</li> <li>• mushrooms</li> <li>• chives</li> <li>• onion</li> <li>• rocket salad</li> <li>• sunflower oil</li> <li>• black pepper</li> </ul>	<b>Kale wrap with roast beef</b> 	<b>1 medium apple</b>	<b>Thai red curry</b> <ul style="list-style-type: none"> <li>• shrimps</li> <li>• brown rice</li> <li>• red bell pepper</li> <li>• coconut milk</li> <li>• snow peas</li> <li>• coriander</li> </ul>
DAY 2	<b>Breakfastbowl with oats, blueberries and chia seeds</b> 	<b>Grilled vegetable and hummus on toast:</b> <ul style="list-style-type: none"> <li>• 2 slices bread</li> <li>• zucchini</li> <li>• aubergine</li> <li>• red bell pepper</li> <li>• 1 tablespoon hummus</li> <li>• harissa</li> </ul>	<b>Hand of unsalted and unroasted nuts</b>	<b>Beetroot &amp; apple stew</b> 
DAY 3	<b>Salmon breakfast brioche</b> <ul style="list-style-type: none"> <li>• whole grain brioche</li> <li>• smoked salmon</li> <li>• egg</li> <li>• cucumber</li> <li>• Greek yoghurt 0% fat</li> <li>• dille</li> <li>• sunflower oil</li> <li>• pinch of pepper</li> </ul>	<b>Swedish tunnbrod with green asparagus</b> 	<b>Vegetables &amp; hummus dip</b>	<b>Chicken tagine</b> <ul style="list-style-type: none"> <li>• couscous</li> <li>• chicken thigh</li> <li>• zucchini</li> <li>• bell pepper</li> <li>• tomato</li> <li>• dried apricot</li> <li>• yellow onion</li> <li>• sunflower oil</li> <li>• lemon juice</li> <li>• mint</li> <li>• el hanout</li> </ul>
DAY 4	<b>Vegetable omelet</b> 	<b>Halloumi &amp; lentil salad</b> <ul style="list-style-type: none"> <li>• halloumi</li> <li>• lentil</li> <li>• cherrytomato</li> <li>• spinach</li> <li>• cucumber</li> <li>• red onion</li> <li>• mint</li> <li>• raspberry vinaigrette</li> <li>• sunflower oil</li> </ul>	<b>Fruit</b>	<b>Italian beef burger</b> 
DAY 5	<b>Mango coconut breakfast bowl</b> <ul style="list-style-type: none"> <li>• mango</li> <li>• Greek yoghurt 0%</li> <li>• coconut milk</li> <li>• pistache nuts</li> <li>• raw coconut</li> <li>• banana</li> <li>• dried mango</li> <li>• black sesame seeds</li> </ul>	<b>Shrimp poké bowl</b> 	<b>Date &amp; ginger smoothie</b> 	<b>Salmon and pesto pasta</b> <ul style="list-style-type: none"> <li>• whole grain penne</li> <li>• salmon</li> <li>• green pesto</li> <li>• zucchini</li> <li>• cooking cream</li> <li>• parmesan cheese</li> <li>• onion</li> <li>• rocket salad</li> <li>• dill</li> <li>• sunflower oil</li> <li>• garlic</li> </ul>
DAY 6	<b>Breakfast brioche egg, avocado &amp; ham</b> 	<b>Goat cheese and pumpkin spread focaccia</b> <ul style="list-style-type: none"> <li>• focaccia</li> <li>• goat cheese</li> <li>• pumpkin cubes</li> <li>• walnuts</li> <li>• rocket salad</li> <li>• honey</li> <li>• ginger</li> <li>• cumin seed</li> </ul>	<b>Hand of unsalted and unroasted nuts</b>	<b>Noodles with chicken yakitori</b> 
DAY 7	<b>Salmon and spinach omelet</b> <ul style="list-style-type: none"> <li>• egg</li> <li>• whole grain bread</li> <li>• smoked salmon</li> <li>• spinach</li> <li>• cherrytomato</li> <li>• chives</li> <li>• garlic</li> <li>• sunflower oil</li> <li>• black pepper</li> </ul>	<b>Egg salad club sandwich</b> 	<b>1 medium banana</b>	<b>Pea soup with chicken + goat cheese and fig salad</b> 