

CATZ - MENU

CATERING A TO Z - WORLD FOOD DELIVERED.
CATZ IS ABOUT SIMPLICITY, LET OUR PASSION BE YOUR GUIDE TO CUSTOMIZE MENUS

DAILY MEAL PLANS

Weight Loss

Breakfast: Spinach and mushroom omelette with whole wheat toast.

Snack: Greek yogurt with mixed berries.

Lunch: Grilled chicken breast with quinoa and steamed vegetables.

Snack: Carrot sticks with hummus.

Dinner: Baked salmon with roasted asparagus and a side salad.

Dessert: Mixed fruit salad.

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DAILY MEAL PLANS

Weight Gain

Breakfast: Peanut butter and banana smoothie with whole grain toast.

Snack: Trail mix with nuts and dried fruits.

Lunch: Turkey and avocado sandwich on whole wheat bread with sweet potato fries.

Snack: Greek yogurt with granola and honey.

Dinner: Grilled steak with roasted potatoes and sautéed vegetables.

Dessert: Chocolate protein shake with almond butter.

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DAILY MEAL PLANS

Balance

Breakfast: Overnight oats with mixed berries and a drizzle of honey.

Snack: Apple slices with almond butter.

Lunch: Quinoa salad with mixed greens, grilled chicken, and a lemon vinaigrette.

Snack: Celery sticks with hummus.

Dinner: Baked cod with quinoa pilaf and steamed broccoli.

Dessert: Greek yogurt with a sprinkle of dark chocolate chips.

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DAILY MEAL PLANS

Keto Diet

Breakfast: Scrambled eggs with spinach and avocado.

Snack: Cheese cubes and sliced cucumbers.

Lunch: Grilled chicken Caesar salad with bacon and Parmesan cheese.

Snack: Hard-boiled eggs.

Dinner: Baked salmon with roasted Brussels sprouts and a side of cauliflower rice.

Dessert: Keto-friendly chocolate mousse.

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DAILY MEAL PLANS

Vegan Diet:

Breakfast: Vegan protein smoothie with almond milk, spinach, banana, and chia seeds.

Snack: Roasted chickpeas.

Lunch: Lentil and vegetable stir-fry with brown rice.

Snack: Fresh fruit salad.

Dinner: Vegan chili with quinoa and a side of steamed kale.

Dessert: Vegan coconut milk yogurt with mixed nuts.

Please note that these are sample meal plans and can be adjusted according to individual preferences and dietary requirements. It's always recommended to consult with a healthcare professional or a registered dietitian before making significant changes to your diet.