

DIET WEIGHT MENU

MONDAY

Breakfast:

Avocado egg toast

(324 Kcal)



Morning snacks:

Blueberries (1/3 cup)
Plain nonfat Greek yogurt (1/4 cup)

(61 Kcal)



Lunch:

Steamed brown rice with (1/2 cup) beef stew

(287 Kcal)

Dessert:

Papaya soup (1 small) with lemon sorbet

(90 Kcal)



Afternoon snacks:

Cucumber (10 slices)

(50 Kcal)



Dinner:

Baked Dorado and steamed vegetables

(100 Kcal)

Dessert:

Pineapple carpaccio with basil (2 slices), coconut sorbet

(80 Kcal)

Total

(922 Kcal)



Scan this QR code to view our menu in your preferred language.

Full-board Diet weight menu MUR 3,860 per person (lunch & dinner)
Half-board Diet weight menu MUR 2,500 per person (lunch or dinner)

All prices are in Mauritian Rupee and include 15% VAT.

DIET WEIGHT MENU

TUESDAY

Breakfast:

Oats (1/2 cup) in skimmed milk & banana (1 medium)

(285 Kcal)



Morning snack:

1 Tangerine

(45 Kcal)



Lunch:

Poached chicken leg

(100 Kcal)

Dessert:

Strawberry sugar free mousse (1 cup)

(180 Kcal)



Afternoon snacks:

Apple (1 medium)

(72 Kcal)



Dinner:

Ravioli & vegetable soup (2 cups)

(128 Kcal)

Dessert:

Fresh fruit tartar (2 fruits) with exotic broth

(120 Kcal)

Total

(875 Kcal)



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WEDNESDAY

Breakfast:

Smoked salmon toast (2 pieces)
(170 Kcal)



Morning snack:

Carrots (2 medium), avocado (2 tablespoon) & yogurt dips
(101 Kcal)



Lunch:

Grilled red snapper with quinoa rice (1 cup) and tomato salad
(110 Kcal)

Dessert:

Water melon soup with fresh mint (1 cup)
(180 Kcal)



Afternoon snacks:

Celery stick (6 pieces) with cream cheese
(141 Kcal)



Dinner:

Chicken tikka masala
Brown rice (1/2 cup)
(207 Kcal)

Dessert:

Mango trilogy (1 mango)
(90 Kcal)

Total

(999 Kcal)



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THURSDAY

Breakfast:

All-brand (1 cup)
Skimmed milk ($\frac{3}{4}$ cup)
Blueberries ($\frac{1}{2}$ cup)
(150 Kcal)



Morning snack:

Cucumber (2 cup), avocado (2 tbsp) & yogurt dips
(62 Kcal)



Lunch:

Squash and tofu curry ($\frac{1}{2}$ cup)
Brown rice ($\frac{1}{2}$ cup)
(167 Kcal)

Dessert:

Coconut sago (1 cup) with pineapple sorbet
(50 Kcal)



Afternoon snacks:

Dried apricot (5 pieces) & walnuts (7 pieces)
(300 Kcal)



Dinner:

Steamed seabass with gingered vegetable and spring onion
(112 Kcal)

Dessert:

Fresh fruit carpaccio (2 slices) with mango sorbet
(80 Kcal)

Total

(921 Kcal)



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FRIDAY

Breakfast:

Sunny side up egg with sautéed mushroom and spinach

(150 Kcal)



Morning snack:

Red bell pepper (1 medium) stick with guacamole

(53 Kcal)



Lunch:

Couscous with chicken stew (1/2 cup)

(104 Kcal)

Dessert:

Strawberry trilogy (1 cup)

(120 Kcal)



Afternoon snacks:

Carrots (10 slices)

(30 Kcal)



Dinner:

Garlic prawn with chilli bean and quinoa rice

(340 Kcal)

Dessert:

Fresh fruit gazpacho (1 cup) with passion fruit sorbet

(100 Kcal)

Total

(897 Kcal)



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SATURDAY

Breakfast:

Whole wheat English muffin (2 pieces) with kale and grilled ham
(150 Kcal)



Morning snack:

Apple (1 medium)
Banana (1 large)
(193 Kcal)



Lunch:

Lentils (3/4 cup), salad with sausage and apple
(300 Kcal)

Dessert:

Vanilla yogurt (1 cup) with pineapple compote
(100 Kcal)



Afternoon snacks:

Cucumber (2 cups), avocado (2 tablespoon) & yogurt dips
(54 Kcal)



Dinner:

Warm mix seafood salad
(92 Kcal)

Dessert:

Coconut sugar free mousse (1 cup) passion fruit coulis
(100 Kcal)

Total

(989 Kcal)



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SUNDAY

Breakfast:

Ricotta swirl
(Ricotta cheese, chopped papaya, flaxseed)

(60 Kcal)



Morning snack:

Strawberry (1 cup) and chia seed (1 tablespoon)

(109 Kcal)



Lunch:

Tuna fish cake with steam broccoli and tzatziki sauce (1 tablespoon)

(421 Kcal)

Dessert:

Exotic fruit soup (1 cup) with pineapple sorbet

(120 Kcal)



Afternoon snacks:

Green cucumber (10 slices)

(30 Kcal)



Dinner:

Baked captain fish with strawberry salsa and grilled asparagus

(120 Kcal)

Dessert:

Roasted pineapple with muscavado sugar (2 pieces) with coconut sorbet

(110 Kcal)

Total

(970 Kcal)



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