

Halal 7-Day Meal Plan

Day	Breakfast	Lunch	Dinner
Day 1	Shakshuka	Grilled Lemon Herb Chicken	Vegetable Biryani
Day 2	Quinoa Tabbouleh Salad	Moroccan Chickpea Stew	Baked Salmon with Garlic & Dill
Day 3	Mediterranean Hummus Wrap	Chicken & Vegetable Stir-Fry	Beef & Spinach Curry
Day 4	Spiced Lentil Soup	Stuffed Bell Peppers	Garlic Butter Shrimp with Couscous
Day 5	Honey Glazed Carrots with Toast	Roasted Cauliflower with Tahini	Lamb Kofta with Yogurt Sauce
Day 6	Shakshuka	Moroccan Chickpea Stew (Leftover)	Grilled Lemon Herb Chicken (Leftover)
Day 7	Quinoa Tabbouleh Salad (Leftover)	Chicken & Vegetable Stir-Fry	Vegetable Biryani (Leftover)