

## Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	40g rolled oats* cooked as porridge with water, topped with 20g (1tbs) mixed seeds, 100g low fat Greek yoghurt, 1 banana	1 cup (220g) of low fat Greek yoghurt with 1 banana, ¼ cup blueberries, 2tbs rolled oats* and 12 almonds	50g rolled oats* cooked as porridge with water, topped with 20g (1tbs) mixed seeds, 100g low fat Greek yoghurt, 1 banana	1 cup (220g) of low fat Greek yoghurt with 1 banana, ¼ cup blueberries, 2tbs rolled oats* and 12 almonds	50g rolled oats* cooked as porridge with water, topped with 20g (1tbs) mixed seeds, 100g low fat Greek yoghurt, 1 banana	Breakfast burrito: 2 eggs – boiled or scrambled with 30g grated low fat cheese, spinach and tomato, in a wholegrain wrap*	Breakfast burrito: 2 eggs – boiled or scrambled with 30g grated low fat cheese, spinach and tomato, in a wholegrain wrap*
<b>Snack</b>	1 apple	Low fat latte	20 almonds	2 boiled egg	Low fat latte	20 almonds	1 black coffee
<b>Lunch</b>	Goodness Superfoods Barley wrap* filled with 95g tin of tuna in oil (drained), 30g grated low fat cheese, spinach, shredded carrot, capsicum, cucumber and 1tsp whole-egg mayo	Goodness Superfoods Barley wrap* filled with 95g tin of tuna in oil (drained), 30g grated low fat cheese, spinach, shredded carrot, capsicum, cucumber and 1tsp whole-egg mayo	Goodness Superfoods Barley wrap* filled with 2 eggs (mash w 1tsp whole egg mayo and spring onion/dill), 30g grated low fat cheese, spinach, shredded carrot, capsicum, and cucumber	Vietnamese chicken salad – Bulk cook Plus one large apple	Vietnamese chicken salad – Bulk cook Plus one large apple	Vietnamese chicken salad – Bulk cook Plus one banana	Vietnamese chicken salad – Bulk cook Plus one banana
<b>Snack</b>	2 chopped carrots with 2tbs hummus	Chopped apple with 2 heaped tsp peanut butter	Chopped carrot with 2 heaped tsp peanut butter	4 Ryvita* with 2 tbs cottage cheese	4 Ryvita* with 2 boiled egg and scrape of avocado/butter	Chopped carrot with 2tbs hummus	Chopped apple with 2 heaped tsp peanut butter
<b>Dinner</b>	Chicken fajitas Serve with 2 pita for men	Chicken fajitas – leftovers. Serve with 2 pita for men	Baked salmon parcel	Spaghetti bolognese with Zoodles	Spaghetti bolognese with Zoodles - Leftovers	Falafel Salad	Falafel Salad - Leftovers
<b>Dessert</b>	20g dark chocolate	20g dark chocolate	20g chopped dark chocolate	20g dark chocolate	20g dark chocolate	100g Greek yoghurt with 1/2 cup berries	100g Greek yoghurt with 1/2 cup berries
<b>Nutrition</b>	1785cal 120g protein 162g carbohydrate 71g fat	1805cal 131g protein 158g carbohydrate 64g fat	1761 cal 101g protein 151g carbohydrate 76g fat	1800cal 126g protein 168g carbohydrate 64g fat	1843cal 124g protein 178g carbohydrate 65g fat	1843cal 106g protein 154g carbohydrate 80g fat	1808cal 107g protein 157g carbohydrate 76g fat

\* GF options: See recipes for instruction and make the following changes

- Swap rolled oats for either: Lowan's rice flakes or rice porridge, Macro quinoa flakes
- Swap wholegrain wraps for wholegrain gluten free wraps (i.e. BFree available at Woolworths)
- Swap Ryvita crispbreads for Orgran rice/quinoa/corn crispbreads OR multigrain corn thins