

Week One

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	30g (1/3 cup) rolled oats* cooked as porridge with water, topped with 10g (2tsp) mixed seeds, 100g Chobani Greek yoghurt (plain), ½ banana	1 cup (220g) of Chobani Greek yoghurt (plain) with ½ banana, ¼ cup blueberries, 1tbs rolled oats* and 8 almonds.	30g (1/3 cup) rolled oats* cooked as porridge with water, topped with 10g (2tsp) mixed seeds, 100g Chobani Greek yoghurt (plain), ½ banana	1 cup (220g) Chobani Greek yoghurt (plain) with ½ banana, ¼ cup blueberries, 1tbs rolled oats* and 8 almonds.	30g (1/3 cup) rolled oats* cooked as porridge with water, topped with 10g (2tsp) mixed seeds, 100g Chobani Greek yoghurt (plain), ½ banana	Breakfast burrito: 2 eggs – boiled or scrambled with spinach and tomato, in a wholegrain wrap*	Breakfast burrito: 2 eggs – boiled or scrambled with spinach and tomato, in a wholegrain wrap*
Snack	1 apple	Low fat latte	10 almonds	1 boiled egg	Low fat latte	8 almonds	1 black coffee
Lunch	Goodness Superfoods Barley wrap* filled with 95g tin of tuna in oil (drained), spinach, shredded carrot, capsicum, cucumber and 1tsp whole-egg mayo	Goodness Superfoods Barley wrap* filled with 95g tin of tuna in oil (drained), spinach, shredded carrot, capsicum, cucumber and 1tsp whole-egg mayo	Goodness Superfoods Barley wrap* filled with 2 boiled eggs (mashed with 1tsp whole egg mayo, spinach, shredded carrot, capsicum, and cucumber	Vietnamese chicken salad – Bulk cook	Vietnamese chicken salad – Bulk cook	Vietnamese chicken salad – Bulk cook	Vietnamese chicken salad – Bulk cook
Snack	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	1 sliced apple with 1 heaped tsp 100% peanut butter	1 chopped carrot with 1 heaped tsp 100% peanut butter	2 Ryvita* with 2 tbs cottage cheese	2 Ryvita* with 1 boiled egg and scrape of avocado/butter	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	1 apple
Dinner	Chicken fajitas	Leftovers: Chicken fajitas	Baked salmon parcel	Spaghetti Bolognese with Zoodles	Leftovers: Spaghetti Bolognese with Zoodles	Falafel Salad	Leftovers: Falafel Salad
Dessert	20g dark chocolate	20g dark chocolate	20g dark chocolate	20g dark chocolate	20g dark chocolate	75g Chobani Greek yoghurt (plain) with 1/4 cup berries	75g Chobani Greek yoghurt (plain) with 1/4 cup berries
Nutrition	1368cal 93g protein 134g carbohydrate 52g fat	1465cal 103g protein 138g carbohydrate 52g fat	1450cal 85g protein 118g carbohydrate 65g fat	1416cal 107g protein 119g carbohydrate 53g fat	1460cal 108g protein 129g carbohydrate 53g fat	1450cal 91g protein 122g carbohydrate 59g fat	1450cal 92g protein 133g carbohydrate 54g fat

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

- Swap rolled oats for Macro organic quinoa flakes (available at Woolworths)
- Swap wholegrain wraps for wholegrain gluten free wraps (i.e. BFree available at Woolworths)
- Swap Ryvita's to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins