

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Two slices of Burgen toast* with ¼ avocado, 30g fetta, and sliced tomato	Choc-Banana Protein Smoothie	Two slices of Burgen* toast with 1/4 avocado, 1 boiled egg and sliced tomato	Choc-Banana Protein Smoothie	Two slices of Burgen toast* with 1/4 avocado, 30g fetta, and sliced tomato	High Protein Pancakes	High Protein Pancakes
Snack	Low fat latte	1 apple 10 almonds	Low fat latte	1 boiled egg and 2 Ryvita with scrape of butter/avocado	Low fat latte	1 apple	Low fat latte
Lunch	105g tin of pink salmon, ¼ avocado, sliced tomato and cucumber on top 4 multigrain corn thins	105g tin of pink salmon, ¼ avocado, sliced tomato and cucumber on top 4 multigrain corn thins	Salad with 2 cups of mixed salad leaves, 75g roast beef, 1/3 cup sliced beetroot, cucumber, 125g tin of chickpeas and 20g fetta cheese	Sandwich on Burgen bread* with 75g roast beef, 1tbs cottage cheese, spinach and cucumber, 1 tsp seeded mustard	Turkey rissoles - leftovers. Note – if no leftovers available, replace with roast beef salad (see Tuesday)	95g tuna in oil, drained, with 1tbs cottage cheese, sliced tomato and pickles on top 4 multigrain corn thins	95g tuna in oil, drained, with 1tbs cottage cheese, sliced tomato and pickles on top 4 multigrain corn thins
Snack	Kez's kitchen free and naked bar (supermarket health food aisle)	Chopped carrot with 1 tbs cottage cheese	1 boiled egg and 2 Ryvita with scrape of butter/avocado	1 apple	1 boiled egg and 2 Ryvita with scrape of butter/avocado	Kez's kitchen free and naked bar	1 apple 10 almonds
Dinner	Taco bowl salad	Taco bowl salad - leftovers	Taco bowl salad - leftovers	Turkey rissoles (2 rissoles for women)	Healthy fish and sweet potato chips	Sweet Chilli Chicken Stir Fry	Sweet Chilli Chicken Stir Fry - leftovers
Dessert	10 almonds	Danone Yopro yoghurt	Danone Yopro yoghurt	10 almonds	10 almonds	Danone Yopro yoghurt	20g dark chocolate
Nutrition	1304cal 92g protein 104 carbohydrates 57g fat	1315cal 104g protein 95g carbohydrate 55g fat	1342cal 116g protein 89g carbs 58g fat	1357cal 106g protein 114g carbohydrate 53g fat	1358cal 98g protein 101g carbohydrate 62g fat	1480cal 107g protein 139g carbohydrate 55g fat	1464cal 98g protein 143g carbohydrate 56g fat

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

- Swap Burgen bread to Burgen soy and linseed gluten free bread available at Woolworths
- Swap Ryvita's to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins