

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Shakshuka eggs	Bircher Muesli	Bircher muesli	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry muesli*, 10 almonds	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry muesli*, 10 almonds	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry muesli*, 10 almonds	Shakshuka eggs
Snack	1 apple	1 apple 10 almonds	Low fat latte	2 boiled eggs	1 boiled eggs	1 apple	Low fat latte 2 Ryvita with 2tbs cottage cheese
Lunch	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 90g chickpeas, 95g tin of tuna in oil, drained 1tbs cottage cheese 1tbs lemon juice Serve with 1 mini wholemeal pita	Thai beef stir fry- Bulk cook. Add 1 microwave cup basmati rice	Thai beef stir fry- bulk cook. Add 1 microwave cup basmati rice	Thai beef stir fry – bulk cook. Add 1 microwave cup basmati rice	Thai beef stir fry – bulk cook. Add 1 microwave cup basmati rice	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 90g chickpeas 95g tin of tuna in oil, drained 1tbs cottage cheese 1tbs lemon juice Serve with 1 mini wholemeal pita	Sandwich on Burgen bread* with 50g smoked salmon, 1tbs cottage cheese, spinach and cucumber. Plus 1 banana
Snack	Danone Yopro and 10 almonds	Happy snack company roasted chickpeas – 30g serve	Danone yopro 10 almonds	Happy snack company roasted chickpeas – 30g serve	50g smoked salmon with x2 Ryvita, thin spread of cottage cheese	2 boiled eggs and 2 Ryvita with a scrape of butter	Happy snack company roasted chickpeas – 30g serve
Dinner	Spiced Chicken, Tabbouleh and Tahini yoghurt- bulk cook. Serve with 1 mini wholemeal pita	Spiced Chicken, Tabbouleh and Tahini yoghurt- bulk cook. Serve with 1 mini wholemeal pita	Spiced Chicken, Tabbouleh and Tahini yoghurt- bulk cook. Serve with 1 mini wholemeal pita	Lemongrass Salmon	Brown rice nasi goreng. For men, serve with full cup of brown rice per serve.	Brown rice nasi goreng- leftovers. For men, serve with full cup of brown rice per serve.	Homemade burgers
Dessert	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	1 apple	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	1 apple	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	Danone Yopro 10 almonds
Nutrition	1784cal 104g protein 156g carbohydrate 83g fat	1761cal 124g protein 145g carbohydrate 60g fat	1785cal 132g protein 120g carbohydrate 62g fat	1803cal 137g protein 155g carbohydrate 71g fat	1813cal 116g protein 157g carbohydrate 72g fat	1753cal 83g protein 168g carbohydrate 74g fat	1750cal 115g protein 147g carbohydrate 70g fat

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

- Swap bircher muesli for a gluten free, untoasted muesli (i.e. Free and Lo Monster Muesli)
- Swap Ryvita crackers for Orgran rice/quinoa/corn crispbreads
- Swap Burgen bread for gluten free Burgen bread