

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 bircher muesli*. Optional 1tsp honey	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry bircher muesli*. Optional 1tsp honey	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries and 2tbs dry bircher muesli*. Optional 1tsp honey	Shakshuka eggs
Snack	1 apple	1 apple	Low fat latte	1 boiled egg	1 boiled egg	1 apple	Low fat Latte
Lunch	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 125g tin chickpeas, 95g tin of tuna in oil, drained 1tbs cottage cheese 1tbs lemon juice	Thai beef stir fry- Bulk cook	Thai beef stir fry- bulk cook	Thai beef stir fry – bulk cook	Thai beef stir fry – bulk cook	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot), 125g tin of chickpeas, 95g tin of tuna in oil, drained 1tbs cottage cheese 1tbs lemon juice	Sandwich on Burgen bread* with 50g smoked salmon, 1tbs cottage cheese, spinach and cucumber
Snack	Danone Yopro	Happy snack company roasted chickpeas – 30g serve	Danone Yopro	Happy snack company roasted chickpeas – 30g serve	50g smoked salmon with x2 Ryvita, thin spread of cottage cheese	1 boiled egg, 2 Ryvita with scrape of butter	Happy snack company roasted chickpeas – 30g serve
Dinner	Spiced Chicken, Tabbouleh and Tahini yoghurt- bulk cook	Spiced Chicken, Tabbouleh and Tahini yoghurt- bulk cook	Spiced Chicken, Tabbouleh and Tahini yoghurt- bulk cook	Lemongrass salmon	Brown rice nasi goreng	Brown rice nasi goreng- leftovers	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
Nutrition	1447cal 102g protein 105g carbohydrate 71g fat	1425cal 113g protein 97g carbohydrate 41g fat	1449cal 121g protein 107g carbohydrate 56g fat	1445cal 123g protein 110g carbohydrate 57g fat	1346cal 102g protein 93g carbohydrate 58g fat	1343cal 85g protein 122g carbohydrate 63g fat	1388cal 92g protein 128g carbohydrate 50g 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's to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins
- Swap Burgen bread to Burgen soy and linseed gluten free bread available at Woolworths