

## Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	French toast – with ¾ cup low fat Greek yoghurt and 1 banana	Two slices of Burgen toast* with 30g peanut butter and 1 banana	Homemade toasted muesli (1/2 cup) with 200g low fat Greek yoghurt	Two of Burgen toast* with 30g peanut butter and 1 banana	Homemade toasted muesli (1/2 cup) with 200g low fat Greek yoghurt	Homemade toasted muesli (1/2 cup) with 200g low fat Greek yoghurt	French toast – with ¾ cup yoghurt and 1 banana
<b>Snack</b>	Low fat latte	20 almonds	Low fat latte	20 almonds	Low fat latte	1 banana Low fat latte	Low fat latte
<b>Lunch</b>	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, 90g corn, 105g tin of pink salmon, 3tbs cottage cheese 2tsp balsamic vinegar	Zucchini and mushroom frittata – Bulk cook Add 1 slice of Burgen toast	Zucchini and mushroom frittata – Bulk cook Add 1 slice of Burgen toast	Zucchini and mushroom frittata – Bulk cook Add 1 slice of Burgen toast	Small wholemeal pita* filled with 120g lean ham, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tsp seeded mustard	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, 90g tin of corn, 105g tin of salmon, 2tbs cottage cheese 2tsp balsamic vinegar	Small wholemeal pita* filled with 120g lean ham, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tsp seeded mustard
<b>Snack</b>	Happy snack company roasted chickpeas – 30g serve	2 Ryvita* with 2tbs cottage cheese and sliced tomato	20 almonds	2 Ryvita* with 2tbs cottage cheese and sliced tomato	20 almonds 1 apple	2 boiled eggs, 1 slice tomato, 4 Ryvita*, scrape of butter	Happy snack company roasted chickpeas – 30g serve
<b>Dinner</b>	Chicken noodle stir fry – bulk cook	Chicken noodle stir fry – bulk cook	Chicken noodle stir fry – bulk cook	Lamb kofta fattoush salad	Thai tuna fish cakes	Vegetarian Lasagne	Vegetarian Lasagne-leftovers
<b>Dessert</b>	Kez's kitchen free and naked bar 2 Ryvita with 2tsp peanut butter	180g low fat Greek yoghurt with ½ cup berries, 2 tbs toasted muesli*	Kez's kitchen free and naked bar	180g low fat Greek yoghurt with ¼ cup berries, 2 tbs toasted muesli*	Kez's kitchen free and naked bar	Kez's kitchen free and naked bar	180g low fat Greek yoghurt with ¼ cup berries, 2 tbs toasted muesli*
<b>Nutrition</b>	1782cal 135g protein 211g carbohydrate 36g fat	1769cal 112g protein 114g carbohydrate 89g fat	1728cal 114g protein 149g carbohydrate 70g fat	1808cal 118g protein 152g carbohydrate 71g fat	1746cal 123g protein 142g carbohydrate 72g fat	1794cal 99g protein 199g carbohydrate 61g fat	1763cal 105g protein 232g carbohydrate 36g fat

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

- Swap Burgen toast for gluten free Burgen toast
- Swap Ryvita crispbreads for Orgran rice/quinoa/corn crispbreads
- Swap wholemeal pita for wholegrain gluten free wraps (i.e. BFree at Woolworths)
- Ensure ham selected doesn't contain any hidden gluten by reading the ingredients