

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	French toast	Two slices of Burgen toast* with 15g peanut butter and 1 banana	Homemade toasted muesli (1/4 cup) with 200g low fat Greek yoghurt	Two slices of Burgen toast* with 15g peanut butter and 1 banana	Homemade toasted muesli (1/4 cup) with 200g low fat Greek yoghurt	Homemade toasted muesli with 200g low fat Greek yoghurt	French toast
Snack	Low fat latte	10 almonds	Low fat latte	10 almonds	Low fat latte	1 banana	Low fat latte
Lunch	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, 1 small tin of corn, 105g tin of salmon, 2tbs cottage cheese 2tsp balsamic vinegar	Zucchini and mushroom frittata – Bulk cook	Zucchini and mushroom frittata – Bulk cook	Zucchini and mushroom frittata – Bulk cook	Small wholemeal pita* filled with 85g 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, 1 small tin of corn, 105g tin of salmon, 2tbs cottage cheese 2tsp balsamic vinegar	Small wholemeal pita* filled with 85g lean ham, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tsp seeded mustard
Snack	Happy snack company roasted chickpeas – 30g serve	2 Ryvita* with 1tbs cottage cheese and sliced tomato	10 almonds	2 Ryvita* with 1tbs cottage cheese and sliced tomato	10 almonds	1 boiled egg on 2 Ryvita*, scrape of butter	Happy snack company roasted chickpeas – 30g serve
Dinner	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
Dessert	Kez's kitchen free and naked bar	100g low fat Greek yoghurt with ½ cup berries, 1 tbs homemade toasted muesli*	Kez's kitchen free and naked bar	100g low fat Greek yoghurt with ¼ cup berries, 1 tbs homemade toasted muesli*	Kez's kitchen free and naked bar	Kez's kitchen free and naked bar	100g low fat Greek yoghurt with ¼ cup berries, 1 tbs homemade toasted muesli*
Nutrition	1450cal 115g protein 144g carbohydrate 40g fat	1394cal 93g protein 93g carbohydrate 66g fat	1342cal 108g protein 95g carbohydrate 58g fat	1431cal 93g protein 122g carbohydrate 54g fat	1350cal 111g protein 81g carbohydrate 63g fat	1353cal 76g protein 162g carbohydrate 40g fat	1389cal 85g protein 186g carbohydrate 26g 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
- 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