

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	50g rolled oats* cooked as porridge with water, topped with 20g (1tbs) mixed seeds, 100g low fat Greek yoghurt, 1 banana	1 cup (220g) of Chobani Greek yoghurt with 1 banana, ¼ cup blueberries, 2tbs rolled oats* and 12 almonds	50g rolled oats* cooked as porridge with water, topped with 20g (1tbs) mixed seeds, 100g low fat Greek yoghurt, 1 banana	1 cup (220g) of Chobani Greek yoghurt with 1 banana, ¼ cup blueberries, 2tbs rolled oats* and 12 almonds	50g rolled oats* cooked as porridge with water, topped with 20g (1tbs) mixed seeds, 100g low fat Greek yoghurt, 1 banana	Breakfast burrito: 2 eggs – boiled or scrambled with 30g grated low fat cheese, spinach and tomato, in a wholegrain wrap*	Breakfast burrito: 2 eggs – boiled or scrambled with 30g grated low fat cheese, spinach and tomato, in a wholegrain wrap*
Snack	1 apple	Low fat latte	Low fat Latte 20 almonds	4 Ryvita* with 2 boiled egg and scrape of avocado/butter	Low fat latte 20 almonds	Low fat latte 20 almonds	Low fat latte 20 almonds
Lunch	1 Goodness Superfoods wrap* filled with 2 Yumi falafel, spinach, 30g grated low fat cheese, shredded carrot, capsicum, cucumber and 1tsp whole-egg mayo	1 Goodness Superfoods wrap * filled with 2 Yumi falafel, spinach, 30g grated low fat cheese, spinach, shredded carrot, capsicum, cucumber and 1tsp whole-egg mayo	1 Goodness Superfoods wrap * filled with 2 boiled eggs (mashed with 1tsp whole egg mayo, and optional spring onion/chives/dill), spinach, shredded carrot, capsicum, and cucumber	Vietnamese tofu salad – Bulk cook Plus one large apple	Vietnamese tofu salad – Bulk cook Plus one large apple	Vietnamese tofu salad – Bulk cook Plus one banana	Vietnamese tofu salad – Bulk cook Plus one banana
Snack	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	Chopped apple with 2 heaped tsp peanut butter	Chopped carrot with 2 heaped tsp peanut butter	Chopped carrot with 2 heaped tsp peanut butter	4 Ryvita* with 2 boiled egg and scrape of avocado/butter	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	Chopped apple with 2 heaped tsp peanut butter
Dinner	Black bean fajitas. Serve with 2 pitas for men	Black bean fajitas- leftovers. Serve with 2 pita for men	Tofu, ginger and lemongrass stir fry (with full cup of rice)	Spaghetti Lentil Bolognese with zoodles	Spaghetti Bolognese with zoodles - leftovers	Falafel salad	Falafel salad – leftovers
Dessert	1 Health lab- Game changer- salted caramel Protein ball	Two Ryvita* with 1tbs cottage cheese and 1tsp honey	1 Health lab- Game changer- salted caramel Protein ball	Two Ryvita* with 1tbs cottage cheese and 1tsp honey	1 Health lab- Game changer- salted caramel Protein ball	150g Chobani Greek yoghurt (plain) with 1/2 cup berries	150g Chobani Greek yoghurt (plain) with 1/2 cup berries
Nutrition	1901cal 85g protein 192g carbohydrate 70g fat	1903cal 96g protein 190g carbohydrate 67g fat	1765cal 87g protein 163g carbohydrate 90g fat	1895cal 106g protein 187g carbohydrate 67g fat	1889cal 95g protein 179g carbohydrate 84g fat	1845cal 112g protein 165g carbohydrate 73g fat	1890cal 114g protein 166g carbohydrate 79g fat

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

- Swap rolled oats for Macro organic quinoa flakes (available at Woolworths)
- Swap wholegrain barley wraps for wholegrain gluten free wraps (i.e. BFree available at Woolworths)
- Swap Ryvita's to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins