

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast All meals optional 1tsp honey	30g (1/3 cup) rolled oats* cooked as porridge with water, topped with 10g (2tsp) mixed seeds, 100g Chobani Greek yoghurt, ½ banana	1 cup (220g) of Chobani Greek yoghurt (plain) with ½ banana, ¼ cup blueberries, 1tbs rolled oats* and 8 almonds.	30g (1/3 cup) rolled oats* cooked as porridge with water, topped with 10g (2tsp) mixed seeds, 100g Chobani Greek yoghurt, ½ banana	1 cup (220g) of Chobani Greek yoghurt (plain) with ½ banana, ¼ cup blueberries, 1tbs rolled oats* and 8 almonds.	30g (1/3 cup) rolled oats* cooked as porridge with water, topped with 10g (2tsp) mixed seeds, 100g Chobani Greek yoghurt, ½ banana	Breakfast burrito: 2 eggs – boiled or scrambled with spinach and tomato, in a wholegrain wrap*	Breakfast burrito: 2 eggs – boiled or scrambled with spinach and tomato, in a wholegrain wrap*
Snack	1 boiled egg	Low fat latte	20 almonds	1 boiled egg on 2 Ryvita	Low fat latte	8 almonds	1 black coffee with dash milk
Lunch	Goodness Superfoods Barley wrap* filled with 1 Yumi’s falafel (75g), spinach, shredded carrot, capsicum, cucumber and 1tbs cottage cheese	Goodness Superfoods Barley wrap* filled with 1 Yumi’s falafel (75g), spinach, shredded carrot, capsicum, cucumber and 1tbs cottage cheese	Goodness Superfoods Barley wrap* filled with 2 boiled eggs (mashed with 1tsp whole egg mayo, spinach, shredded carrot, capsicum, and cucumber	Bulk Cook: Vietnamese tofu salad	Bulk Cook: Vietnamese tofu salad	Bulk Cook: Vietnamese tofu salad	Bulk Cook: Vietnamese tofu salad
Snack	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	Chopped apple with 1 heaped tsp 100% peanut butter	1 chopped carrot with 1 heaped tsp 100% peanut butter	Chopped apple with 1 heaped tsp 100% peanut butter	2 Ryvita* with 1 boiled egg and scrape of avocado/butter	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	Chopped apple with 1 heaped tsp 100% peanut butter
Dinner	Black bean fajitas	Leftovers: Black bean fajitas	Tofu, ginger and lemongrass stir fry	Spaghetti Lentil Bolognese with zoodles	Leftovers: Spaghetti Lentil Bolognese with zoodles - leftovers	Falafel salad	Leftovers: Falafel salad
Dessert	1 Health lab- Game changer- salted caramel Protein ball	2 Ryvita* with 2tbs cottage cheese	1 Health lab- Game changer- salted caramel Protein ball	2 Ryvita* with 2tbs cottage cheese	1 Health lab- Game changer- salted caramel Protein ball	75g Chobani Greek yoghurt (plain) with 1/4 cup berries	75g Chobani Greek yoghurt (plain) with 1/4 cup berries
Nutrition	1360cal 69g protein 135g carbohydrate 50g fat	1375cal 81g protein 148g carbohydrate 40g fat	1365cal 65g protein 103g carbohydrate 72g fat	1372cal 87g protein 135g carbohydrate 50g fat	1380cal 82g protein 129g carbohydrate 60g fat	1400cal 82g protein 128g carbohydrate 57g fat	1370cal 80g protein 131g carbohydrate 55g 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