

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Two slices of Burgen toast* with ¼ avocado, 25g fetta, and sliced tomato. Plus 1 nectarine/peach	Choc-Banana Protein Smoothie (with oats) and 10 almonds	Two slices of Burgen toast* with 1/4 avocado, 2 boiled eggs and sliced tomato. Plus 1 nectarine/peach	Choc-Banana Protein Smoothie (with oats) and 10 almonds	Two slices of Burgen toast* with ¼ avocado, 25g fetta, and sliced tomato. Plus 1 apple.	High Protein Pancakes	High Protein Pancakes
Snack	Low fat latte	1 apple 10 almonds	Low fat latte	1 boiled egg and 2 Ryvita with scrape of butter/avocado	Low fat latte 20 almonds	1 apple 20 almonds	Low fat latte
Lunch	2 boiled eggs ½ avocado Sliced tomato and cucumber 6 multigrain corn thins	2 boiled eggs ½ avocado Sliced tomato and cucumber 6 multigrain corn thins	Salad with 2 cups of mixed salad leaves, 125g tin four bean mix, 1/3 cup sliced beetroot, 1 small tin of chickpeas and 40g fetta cheese Plus 2 Ryvita with a scrape of butter/avocado	Sandwich on Burgen bread with 2tbs cottage cheese, ¼ avocado, mixed salad leaves and cucumber. Plus 1 apple	Leftover: Veggie patties. Plus 1 apple	2 boiled eggs ½ avocado Sliced tomato 1tbs olives (optional) 6 multigrain corn thins	2 boiled eggs ½ avocado Sliced tomato 1tbs olives (optional) 6 multigrain corn thins
Snack	Kez's kitchen free and naked bar	Chopped carrot with 2 tbs cottage cheese	2 Ryvita* thins with 2tbs cottage cheese	Chopped carrot with 2tsp peanut butter	2 Ryvita* thins 2 tbs cottage cheese	Kez's kitchen free and naked bar	1 apple 20 almonds
Dinner	Taco bowl salad plus basmati rice cup	Taco bowl salad plus basmati rice cup	Taco bowl salad plus basmati rice cup	Veggie patties	Za'atar spiced chickpeas with roast vegetables and quinoa (served with 1 full cup cooked quinoa for men)	Sweet Chilli Tofu Stir Fry (1 full rice cup for men)	Sweet Chilli Tofu Stir Fry- leftovers (1 full rice cup for men)
Dessert	20 almonds	Danone Yopro yoghurt	Danone Yopro yoghurt	20 almonds	Danone Yopro yoghurt	Danone Yopro yoghurt	20g dark chocolate
Nutrition	1761cal 76g protein 144g carbohydrates 79g fat	1856cal 101g protein 144g carbohydrate 66g fat	1966cal 111g protein 179g carbs 64g fat	1735cal 88g protein 161g carbohydrate 75g fat	1840cal 89g protein 210g carbohydrate 58g fat	1775cal 89g protein 174g carbohydrate 81g fat	1786cal 78g protein 164g carbohydrate 83g 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