

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Shakshuka eggs	Bircher Muesli	Bircher muesli	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 3tbs dry muesli*, 10 almonds	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 3tbs dry muesli*, 10 almonds	1 cup (220g) low fat Greek yoghurt topped with ½ banana, 1/3 cup berries, 3tbs dry muesli*, 10 almonds	Shakshuka eggs
<b>Snack</b>	1 apple 20 almonds	1 apple 20 almonds	Low fat latte	1 boiled egg	1 boiled egg	1 apple	Low fat latte 2 Ryvita with ¼ avocado
<b>Lunch</b> Option to swap Yumi Falafel ball with leftover homemade vegetable burger pattie from Week 3 Saturday's dinner	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 125g tin chickpeas 50g fetta 1tsp lemon juice, 2tsp olive oil, parsley. Plus 1 mini wholemeal pita*	Thai tofu stir fry-Bulk cook. Add 1 microwave cup basmati rice	Thai tofu stir fry-Bulk cook. Add 1 microwave cup basmati rice	Thai tofu stir fry-Bulk cook. Add 1 microwave cup basmati rice	Thai tofu stir fry-Bulk cook. Add 1 microwave cup basmati rice	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 125g tin chickpeas 50g fetta 1tsp lemon juice, 2tsp olive oil, parsley. Plus 1 mini wholemeal pita*	Sandwich on Burgen bread* with 20g fetta, spinach and cucumber and 1/4 avocado. Plus 1 banana
<b>Snack</b>	Danone Yopro	Happy snack company roasted chickpeas – 30g serve	Danone Yopro	Happy snack company roasted chickpeas – 30g serve	2 Ryvita, thin spread of cottage cheese 1 apple	2 boiled eggs and 2 Ryvita with a scrape of butter	Happy snack company roasted chickpeas – 30g serve
<b>Dinner</b>	Spiced haloumi, Tabbouleh and Tahini yoghurt-Bulk cook. Serve with 1 mini wholemeal pita	Spiced haloumi, Tabbouleh and Tahini yoghurt-Bulk cook. Serve with 1 mini wholemeal pita	Spiced haloumi, Tabbouleh and Tahini yoghurt-Bulk cook. Serve with 1 mini wholemeal pita	Brown rice and pea salad with egg	Brown rice nasi goreng. For men, serve with full cup of brown rice per serve	Brown rice nasi goreng- leftovers. For men, serve with full cup of brown rice per serve	Homemade veggie burgers
<b>Dessert</b>	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	1 apple 20 almonds	Danone Yopro 10 almonds	Danone Yopro 10 almonds	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	Danone Yopro 10 almonds
<b>Nutrition</b>	1867cal 100g protein 157g carbohydrate 87g fat	1843cal 77g protein 167g carbohydrate 79g fat	1844cal 93g protein 159g carbohydrate 77g fat	1788cal 107g protein 144g carbohydrate 70g fat	1848cal 110g protein 194g carbohydrate 62g fat	1770cal 93g protein 190g carbohydrate 74g fat	1848cal 99g protein 183g carbohydrate 69g fat

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

- Swap bircher muesli for a gluten free, untoasted muesli (i.e. Free and Lo Monster Muesli)
- Swap Ryvita's to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins
- Swap Burgen bread to Burgen soy and linseed gluten free bread available at Woolworths