

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Shakshuka eggs	Bircher Muesli	Bircher muesli	1 cup (220g) Chobani Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry bircher muesli*.	1 cup (220g) Chobani Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry bircher muesli*.	1 cup (220g) Chobani Greek yoghurt topped with ½ banana, 1/3 cup berries, 2tbs dry bircher muesli*.	Shakshuka eggs
<b>Snack</b>	1 apple	1 apple	Low fat latte	1 boiled egg	1 boiled egg	Low Fat Latte	Low fat latte
<b>Lunch</b>	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 125g tin chickpeas 50g fetta 1tsp lemon juice, 2tsp olive oil, parsley, salt and pepper	Bulk cook: Thai tofu stir fry	Bulk cook: Thai tofu stir fry	Bulk cook: Thai tofu stir fry	Bulk cook: Thai tofu stir fry	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 125g tin chickpeas 50g fetta 1tsp lemon juice, 2tsp olive oil, parsley, salt and pepper	Sandwich on Burgen bread* with 20g fetta, spinach and cucumber, ¼ avocado
<b>Snack</b>	Danone Yopro	Happy snack company roasted chickpeas – 30g serve	Danone Yopro	Happy snack company roasted chickpeas – 30g serve	2 Ryvita with 2tbs of cottage cheese	1 boiled egg, 2 Ryvita with scrape of butter	Happy snack company roasted chickpeas – 30g serve
<b>Dinner</b>	Bulk Cook: Spiced haloumi, Tabbouleh and Tahini yoghurt	Bulk Cook: Spiced haloumi, Tabbouleh and Tahini yoghurt	Bulk Cook: Spiced haloumi, Tabbouleh and Tahini yoghurt	Brown rice and pea salad with egg	Brown rice nasi goreng	Leftovers: Brown rice nasi goreng	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	Bulla frozen yoghurt stick – 97% fat free, reduced sugar	1 apple 10 almonds	Danone Yopro	Danone Yopro
<b>Nutrition</b>	1570cal 88g protein 128g carbohydrate 672g fat	1446cal 67g protein 136g carbohydrate 64g fat	1447cal 83g protein 127g carbohydrate 63g fat	1419cal 85g protein 129g carbohydrate 58g fat	1334cal 86g protein 113g carbohydrate 53g fat	1413cal 99g protein 106g carbohydrate 60g fat	1531cal 93g protein 149g carbohydrate 53g 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