

## Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	French toast	Two slices of Burgen toast* with 15g peanut butter and 1 banana	Homemade toasted muesli with 200g Chobani Greek yoghurt	Two slices of Burgen toast* with 15g peanut butter and 1 banana	Homemade toasted muesli with 200g Chobani Greek yoghurt	Homemade toasted muesli with 200g Chobani Greek yoghurt	French toast
<b>Snack</b>	Low fat latte	20 almonds	Low fat latte	20 almonds	Low fat latte	1 banana 10 almonds	Low fat latte
<b>Lunch</b> Option to swap Yumi Falafel ball with leftover homemade vegetable burger pattie from Week 3 Saturday's dinner	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, small tin of corn, 1 Yumi falafel (75g), 1 boiled egg, 2tbs cottage cheese 2tsp balsamic vinegar	Zucchini and mushroom frittata – Bulk cook	Zucchini and mushroom frittata – Bulk cook	Zucchini and mushroom frittata – Bulk cook	Small wholemeal pita* filled with 125g tin four bean mix, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tbs cottage cheese	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, small tin of corn, 1 Yumi falafel (75g), 1 boiled egg, 2tbs cottage cheese 2tsp balsamic vinegar	Small wholemeal pita* filled with 125g tin four bean mix, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tbs cottage cheese
<b>Snack</b>	Happy snack company roasted chickpeas – 30g serve	2 Ryvita with 2tbs cottage cheese and tomato	1 boiled egg, 2 Ryvita with 2tbs cottage cheese and tomato	2 Ryvita with 2tbs cottage cheese and tomato	20 almonds	1 boiled egg, 1 slice tomato, 2 Ryvita*, scrape of avocado	Happy snack company roasted chickpeas – 30g serve
<b>Dinner</b>	Bulk Cook: Tofu noodle stir fry	Bulk Cook: Tofu noodle stir fry	Bulk Cook: Tofu noodle stir fry	Healthy Vegetarian Pizza	Tofu and lentil cakes	Vegetarian Lasagne	Leftovers: Vegetarian Lasagne
<b>Dessert</b>	Kez's kitchen free and naked bar	150g Chobani yoghurt with ½ cup berries, 2 tbs muesli*	Kez's kitchen free and naked bar	150g Chobani Greek yoghurt with ½ cup berries, 2 tbs toasted muesli*	Kez's kitchen free and naked bar	Kez's kitchen free and naked bar	150g Chobani Greek yoghurt with ½ cup berries, 2 tbs toasted muesli*
<b>Nutrition</b>	1550cal 93g protein 155g carbohydrate 59g fat	1467cal 96g protein 100g carbohydrate 70g fat	1356cal 100g protein 88g carbohydrate 65g fat	1390cal 82g protein 103g carbohydrate 67g fat	1376cal 76g protein 114g carbohydrate 62g fat	1516cal 77g protein 164g carbohydrate 60g fat	1400cal 90g protein 189g carbohydrate 21g 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
- Swap wholemeal pita for wholegrain gluten free wraps (i.e. BFree at Woolworths)