

Week Five

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado.	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries and 2 tbsp. rolled oats*	1 cup Kellogg’s All bran- weat flakes*, ½ cup skim milk, ½ sliced apple 1 boiled egg	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries and 2 tbsp. rolled oats*	1 cup Kellogg’s All bran- weat flakes*, ½ cup skim milk, ½ sliced apple 1 boiled egg	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries and 2 tbsp. rolled oats*	Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado
Snack	Danone yo-pro yogurt and one medium apple	Small skinny latte and 4 Vita Weat crackers* with ¼ cup cottage cheese	Small skinny latte with 1 boiled egg	Small skinny latte 10 almonds	Small skinny latte and 10 almonds	Small skinny latte and 10 almonds	1 Health lab- Game changer- salted caramel Protein ball
Lunch	Bulk cooked: Moroccan lamb cous cous salad (made with extra cous cous)	Bulk cooked: Moroccan lamb cous cous salad (made with extra cous cous)	Bulk cooked: Moroccan lamb cous cous salad (made with extra cous cous)	Bulk cooked: Moroccan lamb cous cous salad (made with extra cous cous)	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot), 125g tin chickpeas, 95g tin of tuna in oil (drained), 1 boiled egg, 2tbs cottage cheese 1tbs lemon juice Plus 4 Vita Weats	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot), 125g tin chickpeas, 95g tin of tuna in oil (drained), 1 boiled egg, 2tbs cottage cheese 1tbs lemon juice Plus 4 Vita Weats	95g tin tuna in spring water, ¼ avocado, sliced tomato and cucumber on 6x Vita Weat crackers Plus a Danone yopro
Snack	1 Health lab- Game changer- salted caramel Protein ball	2 cups chopped vegetable sticks (carrot, cucumber) with ¼ cup Pilpel hummus	2 cups chopped vegetable sticks (carrot, cucumber) with ¼ cup Pilpel hummus	2 cups chopped vegetable sticks (carrot, cucumber) with ¼ cup Pilpel hummus	2 cups chopped vegetable sticks (carrot, cucumber) with ¼ cup Pilpel hummus	1 Health lab- Game changer- salted caramel Protein ball Plus one apple	2 cups chopped vegetable sticks (carrot, cucumber) with ¼ cup Pilpel hummus
Dinner	Grilled fish with Mediterranean vegetables (served with 1 microwave cup of brown rice)	Leftovers: Grilled fish with Mediterranean vegetables (served with 1 microwave cup of brown rice)	Chicken Fajitas (served with two Mission wholemeal pitas)*	Leftovers: Chicken Fajitas (served with two Mission wholemeal pitas)*	Kale & chickpea salad with chicken (mix in 1 microwave cup of quinoa)	Left over: Kale & chickpea salad with chicken (mix in 1 microwave cup of quinoa)	Spiced chicken, tabouleh & tahini yogurt (serve with one Mission wholemeal pita)
Dessert	2 small scoops (70g) of Halo Top or Fropro ice cream (any flavour)	Apple	Danone yo-pro yogurt	1 Health lab- Game changer- salted caramel Protein ball	1 Health lab- Game changer- salted caramel Protein ball	2 small scoops (70g) of Halo Top or Fropro ice cream	2 small scoops (70g) of Halo Top or Fropro ice cream
Nutrition	Calories: 1823 Protein: 125g Carbohydrate: 167g Fat: 66g	Calories: 1852 Protein: 130g Carbohydrate: 204g Fat: 46g	Calories: 1798 Protein: 145g Carbohydrate: 193g Fat:40g	Calories: 1744 Protein: 135g Carbohydrate: 171g Fat: 46g	Calories: 1831 Protein: 124g Carbohydrate: 178g Fat: 64g	Calories: 1745 Protein: 131g Carbohydrate: 160g Fat: 57g	Calories: 1769 Protein: 118g Carbohydrate: 125g Fat: 82g

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

- Swap Mission wholemeal pita’s to wholegrain gluten free wraps (i.e. BFree available at Woolworths)
- Swap rolled oats at breakfast to ½ banana
- Swap Kellogg’s all bran to gluten free weet-bix or gluten free Special K
- Swap Vita-Weat crackers to Olina’s gluten free pepita seed crackers