

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 Greek yoghurt (plain) with ½ cup mixed berries and 2 tbsp. rolled oats*	1 cup Kellogg’s All bran- weat flakes*, ½ cup skim milk, 1 small apple. Plus 1 boiled egg	1 cup (220g) Chobani Greek yoghurt (plain) with ½ cup mixed berries and 2 tbsp. rolled oats*	1 cup Kellogg’s All bran- weat flakes*, ½ cup skim milk, 1 small apple. Plus 1 boiled egg	1 cup (220g) Chobani Greek yoghurt (plain) 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 1 small apple	Small skinny latte and 4 Vita Weat crackers* with ¼ cup cottage cheese	Small skinny latte	Small skinny latte and 4 Vita Weat crackers* with ¼ cup cottage cheese	Small skinny latte with 10 almonds	Small skinny latte and 4 Vita Weat crackers* with ¼ cup cottage cheese	Danone yo-pro yogurt
Lunch	Bulk cooked: Moroccan lamb cous cous salad	Bulk cooked: Moroccan lamb cous cous salad	Bulk cooked: Moroccan lamb cous cous salad	Bulk cooked: Moroccan lamb cous cous salad	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot), 125g tin chickpeas, 95g tin of tuna in oil (drained), 1tbs cottage cheese, 1tbs lemon juice	2 cups of mixed salad vegetables (i.e. spinach, tomato, cucumber, carrot) 125g tin chickpeas, 95g tin of tuna in oil (drained), 1tbs cottage cheese, 1tbs lemon juice	95g tin tuna in oil (drained) ¼ avocado, sliced cherry tomatoes and cucumber on 6 Vita Weat crackers*
Snack	1 Health lab- Game changer- salted caramel Protein ball	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus	1 Health lab- Game changer- salted caramel Protein ball	1 Health lab- Game changer- salted caramel Protein ball	2 cups chopped vegetable sticks (carrot, cucumber) with 2tbs Pilpel hummus
Dinner	Grilled salmon with Mediterranean vegetables	Leftovers: Grilled salmon with Mediterranean vegetables	Chicken Fajitas	Leftovers: Chicken Fajitas	Kale & chickpea salad with chicken	Left overs: Kale & chickpea salad with chicken	Spiced chicken, tabouleh & tahini yogurt
Dessert	2 small scoops (70g) of Halo Top or Fropro ice cream (any flavour)	1 small apple	Danone yo-pro yogurt	1 Health lab- Game changer- salted caramel Protein ball	1 small apple	2 small scoops (70g) of Halo Top or Fropro ice cream (any flavour)	2 small scoops (70g) of Halo Top or Fropro ice cream (any flavour)
Nutrition	Calories: 1440 Protein: 115g Carbohydrate: 88g Fat: 64g	Calories: 1468 Protein: 120g Carbohydrate: 125g Fat: 44g	Calories: 1516 Protein: 134g Carbohydrate: 139g Fat: 39g	Calories: 1489 Protein: 131g Carbohydrate: 127g Fat: 41g	Calories: 1397 Protein: 102g Carbohydrate: 135g Fat: 48g	Calories: 1396 Protein: 124g Carbohydrate: 109g Fat: 46g	Calories: 1428 Protein: 104g Carbohydrate: 84g Fat: 68g

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

- Swap rolled oats at breakfast to ½ banana
- Swap Kellogg’s all bran to x2 gluten free weet-bix or gluten free Special K
- Swap 9gain vita-weat crackers to Olina’s gluten free pepita seed crackers