

Week Seven

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado. Serve with 2 slices Burgen toast*	1 cup (220g) Chobani Greek yoghurt (plain) with 1 small banana, 1tbs mixed seeds and 1tsb rolled oats	1 cup Kellogg's All bran- weat flakes*, ½ cup skim milk, ½ mixed berries 1 boiled egg	1 cup (220g) Chobani Greek yoghurt (plain) with 1 small banana and 1tbs mixed seeds and 1tsb rolled oats	1 cup Kellogg's All bran- weat flakes*, ½ cup skim milk, ½ cup mixed berries 1 boiled egg	1 cup (220g) Chobani Greek yoghurt (plain) with 1 small banana and 1tbs mixed seeds and 1tsb rolled oats	Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado. Serve with 2 slices Burgen toast*
Snack	Danone Yo-Pro yogurt and 20 almonds	Small skinny latte and 20 almonds	Small skinny latte and 1 banana	Small skinny latte 2 cups Cobs plain air popped popcorn	Small skinny latte	Small skinny latte and 20 almonds	Danone Yo-Pro and 1 apple
Lunch	95g can tuna in oil (drained), scrape of avocado sliced tomato and cucumber on top 4 Ryvita's*	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 95g tin of tuna in oil (drained), 1tbs seeds, 1tbs lemon juice, ¼ avocado, 10g fetta	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 95g tin of tuna in oil (drained), 1tbs seeds, 1tbs lemon juice, ¼ avocado, 10g fetta	Bulk cooked: Brown rice nasi goreng (serve with 1 full cup of rice)	Bulk cooked: Brown rice nasi goreng (serve with 1 full cup of rice)	2 cups of mixed s2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 2 sliced boiled eggs, 30g fetta, 1tbs lemon juice, ¼ avocado	95g can tuna in oil (drained), scrape of avocado sliced tomato and cucumber on top 4 Ryvita's*
Snack	1 apple and 20 almonds	2 boiled eggs and sliced tomato on 2 Ryvita	Danone Yo-Pro yogurt and 10 almonds	95g can tuna in oil (drained) on 2 multigrain Ryvita's* with scrape avocado	2 cups Cobs plain air popped popcorn	95g can tuna in oil (drained) on 4 multigrain Ryvita's* with scrape avocado	1 Health lab- Game changer- salted caramel Protein ball
Dinner	Lamb & chickpea salad (mix in 1 microwave cup cooked quinoa)	Leftovers: Lamb & chickpea salad (mix in 1 microwave cup cooked quinoa)	Bulk cooked: Brown rice nasi goreng (serve with 1 full cup of rice)	Zaatar spiced chickpea salad with ricotta & quinoa (serve with 1 full cup of quinoa)	Leftover: Zaatar spiced chickpea salad with ricotta & quinoa (serve with 1 full cup of quinoa)	Poached chicken with kale & pistachio pesto (serve with 1 microwave cup brown rice + quinoa)	Leftover: Poached chicken with kale & pistachio pesto (serve with 1 microwave cup brown rice + quinoa)
Dessert	2tbs cottage cheese and sliced tomato on 2 Ryvita*	2 cups Cobs plain air popped popcorn and 10 almonds	2 Ryvita's* with 2 tbs. Mayver's peanut butter	2 small scoops (70g) of Halo Top or Fropro ice cream (any flavour)	2 Ryvita* with 2 tsp 100% peanut butter	2 small scoops (70g) of Halo Top or Fropro ice cream (any flavour)	2 Ryvita's* with 2 tbs. Mayver's peanut butter
Nutrition	Calories: 1886 Protein: 121g Carbohydrate: 131g Fat: 89g	Calories: 1738 Protein: 116g Carbohydrate: 130g Fat: 76g	Calories: 1734 Protein: 100g Carbohydrate: 164g Fat: 73g	Calories: 1824 Protein: 108g Carbohydrate: 191g Fat:59g	Calories: 1740 Protein: 85g Carbohydrate: 199g Fat: 62g	Calories: 1746 Protein: 129g Carbohydrate: 111g Fat: 81g	Calories: 1961 Protein: 125g Carbohydrate: 133g Fat: 97g

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

- Swap Ryvitas to Olina's gluten free pepita seed crackers
- Swap Kellogg's weat flakes to gluten free weet-bix or gluten free Special K
- Swap Burgen bread to Burgen soy and linseed gluten free bread