

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 1 slice 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 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*	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 1 slice Burgen toast*
Snack	Danone Yo-Pro yogurt	Small skinny latte with 10 almonds	Small skinny latte	Small skinny latte	Small skinny latte	Small skinny latte with 10 almonds	Danone Yo-Pro
Lunch	95g can tuna in oil (drained), Scrape of avocado, sliced cherry tomatoes 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), 10g fetta, 1tbs lemon juice, ¼ avocado	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 95g tin of tuna in oil (drained), 10g fetta, 1tbs lemon juice, ¼ avocado	Bulk cooked: Brown rice nasi goreng	Bulk cooked: Brown rice nasi goring	2 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 small apple and 10 almonds	2 boiled eggs and sliced cherry tomato on 2 Ryvita*	Danone Yo-Pro yogurt	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 2 multigrain Ryvita’s* with scrape avocado	1 small apple
Dinner	Lamb & chickpea salad	Leftover: Lamb & chickpea salad	Bulk cooked: Brown rice nasi goring	Zaatar spiced chickpea salad with ricotta & quinoa	Leftover: Zaatar spiced chickpea salad with ricotta & quinoa	Poached chicken with kale & pistachio pesto	Leftover: Poached chicken with kale & pistachio pesto
Dessert	2tbs cottage cheese and sliced cherry tomato on 2 Ryvita*	2 cups Cobs plain air popped popcorn with 1 small apple	2 Ryvita’s* with 2 tsp 100% 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 tsp 100% peanut butter
Nutrition	Calories: 1420 Protein:103g Carbohydrate: 92g Fat: 64g	Calories: 1398 Protein: 104g Carbohydrate: 98g Fat: 51g	Calories: 1353 Protein: 89g Carbohydrate: 115g Fat:59g	Calories: 1513 Protein: 101g Carbohydrate: 129g Fat:57g	Calories: 1354 Protein: 72g Carbohydrate: 153g Fat: 55g	Calories: 1405 Protein: 116g Carbohydrate: 69g Fat: 69g	Calories: 1399 Protein: 100g Carbohydrate: 81g Fat: 69g

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

- Swap Ryvitas to Olina’s gluten free pepita seed crackers or multigrain corn thins
- Swap Kellogg’s weat flakes to x2 gluten free weat-bix or gluten free Special K
- Swap Burgen bread to Burgen soy and linseed gluten free bread
- Rolled oats at breakfast- ½ cup mixed berries