

## Week Eight

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Breakkie bowl: 1 cup sautéed kale , broccolini and mushrooms with 2 poached eggs, 30g crumbled feta. Plus 2 slices Burgen toast	2 slices Burgen toast* with 2 scrambled eggs, ¼ avocado, 30g crumbled feta	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries and 4 tbsp. rolled oats*	2 slices Burgen toast* with 2 scrambled eggs, ¼ avocado, 30g crumbled feta	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries and 4 tbsp. rolled oats*	2 slices Burgen toast* with 2 scrambled eggs, ¼ avocado, 30g crumbled feta	Breakkie bowl: 1 cup sautéed kale , broccolini and mushrooms with 2 poached eggs, 30g crumbled feta. Plus 2 slices Burgen toast*
<b>Snack</b>	Danone yo-pro yogurt and 20 almonds	Small skinny latte and 1 Health lab- Game changer- salted caramel Protein ball	Small skinny latte and 1 sliced apple with 1tbs 100% peanut butter	Small skinny latte, 1 banana	Small skinny latte and Bulk booked: apple and cinnamon muffin*	Small skinny latte and 1 Health lab- Game changer- salted caramel Protein ball	Danone yo-pro yogurt and 1 Health lab- Game changer- salted caramel Protein ball
<b>Lunch</b>	Mission wholemeal pita* filled with 50g smoked salmon, 1 boiled egg, spinach, shredded carrot, capsicum, cucumber, ¼ avocado	Bulk cooked: Dukkah chicken & quinoa salad	Bulk cooked: Dukkah chicken & quinoa salad	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 95g tin of oil (drained), 30g fetta, 1tbs lemon juice, ¼ avocado. Plus 1 Health lab- Game changer- salted caramel Protein ball	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 95g tin of oil (drained), 30g fetta, 1tbs lemon juice, ¼ avocado. Plus 1 Health lab- Game changer- salted caramel Protein ball	Mission wholemeal pita* filled with 50g smoked salmon, spinach, shredded carrot, capsicum, cucumber , ¼ avocado	Mission wholemeal pita* filled with 50g smoked salmon, spinach, shredded carrot, capsicum, cucumber , ¼ avocado
<b>Snack</b>	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach, 1 tsp honey	Danone yo-pro yogurt and 20 almonds	2 boiled eggs and 1 Health lab- Game changer- salted caramel Protein ball	Bulk booked: apple and cinnamon muffin*	2 boiled eggs and 1 banana	Bulk booked: apple and cinnamon muffin and 10 almonds	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach, 1 tsp honey
<b>Dinner</b>	Bulk cooked: Dukkah chicken & quinoa salad	Vegetarian lasagne	Leftover: Vegetarian lasagne	Poke Salmon bowl	Leftover: Poke salmon bowl	Cajun spiced chicken with avocado (serve with 1 microwave cup quinoa)	Leftover: Cajun spiced chicken with avocado (serve with 1 microwave cup quinoa)
<b>Dessert</b>	Bulk booked: apple and cinnamon muffin*	Bulk booked: apple and cinnamon muffin*	Bulk booked: apple and cinnamon muffin* and 20 almonds	Danone yo-pro yogurt	Danone yo-pro yogurt and 20 almonds	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach, 1 tsp honey	Danone yo-pro yogurt with ½ cup mixed berries and 8 almonds
<b>Nutrition</b>	Calories: 1741 Protein: 124g Carbohydrate: 142g Fat: 68g	Calories: 1740 Protein: 119g Carbohydrate: 146g Fat:72g	Calories:1779 Protein: 117g Carbohydrate: 171g Fat: 65g	Calories: 1791 Protein: 112g Carbohydrate: 116g Fat: 95g	Calories: 1863 Protein: 124g Carbohydrate: 129g Fat: 92g	Calories: 1844 Protein: 119g Carbohydrate: 151g Fat: 79g	Calories: 1824 Protein: 139g Carbohydrate: 149g Fat: 68g

\*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