

## 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	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 2 tbsp. rolled oats*	1 slice Burgen toast* with 2 scrambled eggs, ¼ avocado, 30g crumbled feta	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries and 2 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
<b>Snack</b>	Danone yo-pro yogurt	Small skinny latte	Small skinny latte and 1 apple	Small skinny latte and 1 banana	Small skinny latte and Bulk booked: apple and cinnamon muffin*	Small skinny latte	Danone yo-pro yogurt
<b>Lunch</b>	Mission wholemeal pita* filled with 50g smoked salmon, 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 tuna in oil (drained), 30g 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), 30g fetta, 1tbs lemon juice, ¼ avocado	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 leaves, 1 tsp honey	Danone yo-pro yogurt	2 boiled eggs	Bulk booked: apple and cinnamon muffin*	1 boiled egg and 1 banana	Bulk booked: apple and cinnamon muffin	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach leaves, 1 tsp honey
<b>Dinner</b>	Bulk cook: Dukkah chicken & quinoa salad	Vegetarian lasagne	Leftover: Vegetarian lasagne	Poke salmon bowl	Leftover: Poke salmon bowl	Cajun spiced chicken with avocado	Leftover: Cajun spiced chicken with avocado
<b>Dessert</b>	Bulk booked: apple and cinnamon muffin*	Bulk booked: apple and cinnamon muffin*	Bulk booked: apple and cinnamon muffin*	Danone yo-pro yogurt	Danone yo-pro yogurt	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach leaves, 1 tsp honey	Danone yo-pro yogurt with ½ cup mixed berries and 8 almonds
<b>Nutrition</b>	Calories: 1450 Protein: 110g Carbohydrate: 125g Fat: 50g	Calories: 1491 Protein: 111g Carbohydrate: 138g Fat: 50g	Calories:1437 Protein: 118g Carbohydrate: 152g Fat: 33g	Calories: 1505 Protein: 97g Carbohydrate: 98g Fat: 78g	Calories: 1482 Protein: 107g Carbohydrate: 112g Fat: 64g	Calories: 1461 Protein:103g Carbohydrate: 112g Fat: 61g	Calories: 1372 Protein: 117g Carbohydrate: 95g Fat: 52g

**\*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
- Swap rolled oats at breakfast to ½ banana
- Swap apple and cinnamon muffin to chocolate and pistachio bliss balls (see recipe in recipe portfolio- week 8)
- Swap wholemeal pita's to wholegrain gluten free wraps (i.e. BFree available at Woolworths)