

## Week Six

	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. Serve with 2 slices Burgen bread *	Breakfast smoothie: 1 cup skim milk, 1 small banana, ½ cup mixed berries, 8 almonds	2 slice Burgen toast* with 2 scrambled eggs, ¼ avocado, 30g crumbled feta	Breakfast smoothie: 1 cup skim milk, 1 small banana, ½ cup mixed berries, 8 almonds	Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado. Serve with 2 slices Burgen bread*	Breakfast smoothie: 1 cup skim milk, 1 small banana, ½ cup mixed berries, 8 almonds	Breakkie bowl: 1 cup sautéed kale , broccolini and mushrooms with 2 poached eggs, 30g crumbled feta. Serve with 2 slices Burgen bread*
<b>Snack</b>	1 small apple with 1tsp 100% peanut butter	Low fat latte and 20 almonds	Low fat latte	Low fat latte and 1 small apple	Low fat latte and 20 almonds	Low fat latte and Happy snack company roasted chickpeas – 30g	1 small apple with 1tsp 100% peanut butter
<b>Lunch</b>	Bulk cooked: Chunky vegetable soup (serve with additional slice Burgen bread*)	Bulk cooked: Chunky vegetable soup (serve with additional slice Burgen bread*)	Bulk cooked: Chunky vegetable soup (serve with additional slice Burgen bread*)	Bulk cooked: Chunky vegetable soup (serve with additional slice Burgen bread*)	Easy tofu sweet chilli stir-fry (serve with 1 <b>full</b> cup basmati rice)	Easy tofu sweet chilli stir-fry (serve with 1 <b>full</b> cup basmati rice)	Sandwich on Burgen bread* with 2 boiled eggs, spinach and 4 cherry tomatoes, 1 tsp seeded mustard Plus a Smoothie: 1 cup skim milk, 1 small banana, ½ cup mixed berries, 8 almonds
<b>Snack</b>	Happy snack company roasted chickpeas – 30g	Danone yo-pro yogurt	20 almonds	4 Vita Weat crackers* with 2 boiled eggs	Danone yo-pro yogurt	4 Vita Weat crackers* with 2 boiled eggs	Happy snack company roasted chickpeas – 30g serve
<b>Dinner</b>	Vegetarian Nicoise salad (Serve with 1 wholemeal Mission pita*)	Leftover: Vegetarian Nicoise salad (Serve with 1 wholemeal Mission pita*)	Bean Nachos with chilli guacamole	Easy tofu sweet chilli stir-fry (serve with 1 <b>full</b> cup basmati rice)	Healthy falafel salad	Leftover: Healthy falafel salad	Healthy vegetarian pizza
<b>Dessert</b>	Danone yo-pro yogurt	1 slice Burgen toast* with 1tbs. 100% peanut butter	Apple with 1tbs 100% peanut butter	Danone yo-pro yogurt	Apple with 1tbs 100% peanut butter	Danone yo-pro yogurt	Danone yo-pro yogurt
<b>Nutrition</b>	Calories: 1835 Protein: 120g Carbohydrate: 195g Fat: 49g	Calories: 1794 Protein: 109g Carbohydrate: 195g Fat: 53g	Calories: 1789 Protein: 93g Carbohydrate: 155g Fat: 77g	Calories: 1820 Protein: 108g Carbohydrate: 221g Fat: 44g	Calories: 1873 Protein: 109g Carbohydrate: 171g Fat: 71g	Calories: 1934 Protein: 118g Carbohydrate: 217g Fat: 53g	Calories: 1839 Protein: 116g Carbohydrate: 165g Fat: 67g

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

- Swap rolled oats at breakfast to ½ banana OR a gluten free, untoasted muesli (i.e. Free and Lo Monster Muesli)
- Swap Kellogg's all bran to x2 gluten free weet-bix or gluten free Special K
- Swap Vita-weat crackers to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins

## Week Seven