

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 bread	1 cup (220g) Chobani Greek yoghurt (plain) with 1 small banana, 1tbs mixed seeds and 1tbs rolled oats*	1 cup Kellogg’s All bran- weat flakes*, ½ cup skim milk, ½ cup mixed berries 1 boiled egg and 10 almonds	1 cup (220g) Chobani Greek yoghurt (plain) with 1 small banana and 1tbs mixed seeds and 1tbs rolled oats*	1 cup Kellogg’s All bran- weat flakes*, ½ cup skim milk, ½ cup mixed berries 1 boiled egg and 10 almonds	1 cup (220g) Chobani Greek yoghurt (plain) with 1 small banana and 1tbs mixed seeds and 1tbs rolled oats*	Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado (Serve with 2 slices bread)
Snack	Danone Yo-Pro yogurt	Low fat latte + 1 Health lab- Game changer- salted caramel Protein ball	Low fat latte and Happy snack company roasted chickpeas – 30g	Low fat latte	Low fat latte	Low fat latte + 1 Health lab- Game changer- salted caramel Protein ball	Danone Yo-Pro
Lunch	¼ avocado, sliced cherry tomatoes, 30g fetta and cucumber on 4 Ryvita’s* Plus 20 almonds	2 cups of mixed salad vegetables (i.e. spinach, cherry tomato, capsicum, cucumber, carrot), 2 eggs, 30g fetta, 1tbs lemon juice, ¼ avocado Plus 20 almonds	2 cups of mixed salad vegetables (i.e. spinach, cherry tomato, capsicum, cucumber, carrot), 2 eggs, 30g fetta, 1tbs lemon juice, ¼ avocado Plus 20 almonds	Bulk cooked: Brown rice nasi goreng (serve with 1 full cup rice)	Bulk cooked: Brown rice nasi goring (serve with 1 full cup rice)	2 cups of mixed salad vegetables (i.e. spinach, cherry tomato, capsicum, cucumber, carrot) 2 eggs, 30g fetta, 1tbs lemon juice, ¼ avocado Plus 10 almonds	¼ avocado, sliced cherry tomatoes, 30g fetta and cucumber on 4 Ryvita’s* Plus 10 almonds
Snack	1 apple with 1tbs 100% peanut butter	¼ cup cottage cheese tomato on 4 Ryvitas*	Danone Yo-Pro yogurt	2 multigrain Ryvita’s* with ¼ avo and 30g fetta	2 cups plain air popped popcorn	2 multigrain Ryvita’s* with ¼ avo and 30g fetta	2 boiled eggs
Dinner	Bulk cooked: Mixed vegetable and ricotta frittata (serve with 1 additional slice Burgen bread*)	Bulk cooked: Mixed vegetable and ricotta frittata (serve with 1 additional slice Burgen bread*)	Bulk cooked: Brown rice nasi goring (serve with 1 full cup rice)	Zaatar spiced chickpea salad with ricotta & quinoa (serve with 1 full cup quinoa)	Leftover: Zaatar spiced chickpea salad with ricotta & quinoa (serve with 1 full cup quinoa)	Healthy falafel pattie and harissa yogurt (serve with 1 small wholemeal pita*)	Leftover: Healthy falafel pattie and harissa yogurt (serve with 1 small wholemeal pita*)
Dessert	2tbs cottage cheese and sliced tomato on 2 Ryvita*	Happy snack company roasted chickpeas – 30g	2 Ryvita’s* with 2 tsp 100% peanut butter	2 small scoops (70g) of Halo Top or Fropro ice cream	2 Ryvita’s* with 2 tbs 100% peanut butter	2 small scoops (70g) of Halo Top or Fropro ice cream	2 Ryvita’s* with 2 tsp. 100% peanut butter
Nutrition	Calories: 1780 Protein: 101g Carbohydrate: 140g Fat: 82g	Calories: 1783 Protein: 116g Carbohydrate: 129g Fat: 80g	Calories: 1925 Protein: 113g Carbohydrate: 171g Fat:83g	Calories: 1731 Protein: 94g Carbohydrate: 182g Fat:59g	Calories: 1759 Protein: 89g Carbohydrate: 198g Fat: 63g	Calories: 1757 Protein: 97g Carbohydrate: 138g Fat: 84g	Calories: 1795 Protein: 95g Carbohydrate: 175g Fat: 75g

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

- Swap Ryvitas to 2x Olina’s gluten free pepita seed crackers (available at Woolworths) OR 2x 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
- Swap rolled oats at breakfast to ½ banana OR a gluten free, untoasted muesli (i.e. Free and Lo Monster Muesli)
- Swap wholemeal pita’s to wholegrain gluten free wraps (i.e. BFree available at Woolworths)