

## Week Seven

|                  | Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|------------------|---|--|--|---|---|--|---|
| <b>Breakfast</b> | Omelette:2 large eggs, ½ cup mushrooms, 1 cup spinach, 5 cherry tomatoes , ¼ avocado.           | 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<br>2 boiled eggs  | 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<br>1 boiled eggs | 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            |
| <b>Snack</b>     | Danone Yo-Pro yogurt  | Low fat latte and 1 Health lab-Game changer-salted caramel Protein ball  | Low fat latte  | Low fat latte   | Low fat latte   | Low fat latte  | Danone Yo-Pro   |
| <b>Lunch</b>     | ¼ avocado, sliced cherry tomatoes, 30g fetta and cucumber on 4 Ryvita’s*<br><br>Plus 20 almonds | 2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot), 2 boiled eggs, 30g fetta, 1tbs lemon juice, ¼ avocado | 2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot), 2 boiled eggs, 30g 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 | ¼ avocado, sliced cherry tomatoes, 30g fetta and cucumber on 4 Ryvita’s*<br><br>Plus 10 almonds |
| <b>Snack</b>     | 1 small apple   | ¼ cup cottage cheese and sliced tomato on 4 Ryvitas*   | Danone Yo-Pro yogurt   | 2 multigrain Ryvita’s* with ¼ avocado and 30g fetta   | 2 cups plain air popped popcorn   | 2 multigrain Ryvita’s* with ¼ avocado and 30g fetta  | 2 boiled eggs   |
| <b>Dinner</b>    | Bulk cooked: Mixed vegetable and ricotta frittata   | Bulk cooked: Mixed vegetable and ricotta frittata  | Bulk cooked: Brown rice nasi goring  | Zaatar spiced chickpea salad with ricotta & quinoa  | Leftover: Zaatar spiced chickpea salad with ricotta & quinoa                                  | Healthy falafel and harissa yogurt   | Leftover: Healthy falafel and harissa yogurt  |
| <b>Dessert</b>   | 2tbs cottage cheese and sliced tomato on 2 Ryvita*  | 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’s* with 2 tbs 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  |
| <b>Nutrition</b> | Calories: 1450<br>Protein: 82g<br>Carbohydrate: 113g<br>Fat: 66g                                | Calories: 1391<br>Protein: 92g<br>Carbohydrate: 111g<br>Fat: 59g   | Calories: 1394<br>Protein: 90g<br>Carbohydrate: 116g<br>Fat:62g  | Calories: 1475<br>Protein: 89g<br>Carbohydrate: 129g<br>Fat:58g   | Calories: 1470<br>Protein: 77g<br>Carbohydrate: 156g<br>Fat: 56g                              | Calories: 1381<br>Protein: 82g<br>Carbohydrate: 95g<br>Fat: 68g  | Calories: 1480<br>Protein: 78g<br>Carbohydrate: 110g<br>Fat: 73g                                |

**\*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 rolled oats at breakfast to ½ banana OR a gluten free, untoasted muesli (i.e. Free and Lo Monster Muesli)