

Week Eight

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakkie bowl: 1 cup sautéed kale , broccolini and mushrooms with 2 poached eggs, 30g crumbled feta. Serve with 2 slices Burgen bread	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* Plus 1 boiled egg	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* Plus 1 boiled egg	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. Serve with 2 slices Burgen bread
Snack	Danone yo-pro yogurt and 10 almonds	Low fat latte and 20 almonds	Low fat latte and Happy snack company roasted chickpeas – 30g serve	Low fat latte and 1 Health lab- Game changer- salted caramel Protein ball	Low fat latte and Bulk booked: apple and cinnamon muffin*	Low fat latte	Danone yo-pro yogurt
Lunch	Mission wholemeal pita* filled with 125g tin chickpeas (smashed), 30g fetta, spinach, shredded carrot, capsicum, cucumber, ¼ avocado	Bulk cooked: Dukkah chickpea & quinoa salad Plus 1 Health lab- Game changer- salted caramel Protein ball	Bulk cooked: Dukkah chickpea & quinoa salad Plus 1 Health lab- Game changer- salted caramel Protein ball	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 50g haloumi, 15g crushed peanuts, 1tbs lemon juice, ¼ avocado Plus 10 almonds	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 50g haloumi, 15g crushed peanuts, 1tbs lemon juice, ¼ avocado Plus 20 almonds	Mission wholemeal pita* filled with 125g tin chickpeas (smashed), 30g fetta, spinach, shredded carrot, capsicum, cucumber, ¼ avocado	Mission wholemeal pita* filled with 125g tin chickpeas (smashed), 30g fetta, spinach, shredded carrot, capsicum, cucumber, ¼ avocado
Snack	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach leaves, 1 tsp honey	Danone yo-pro yogurt	1 boiled egg and 20 almonds	Bulk booked: apple and cinnamon muffin*	1 boiled eggs and 1 banana	Bulk booked: apple and cinnamon muffin	Smoothie: 1 cup skim milk, 1 small banana, 1 cup spinach leaves, 1 tsp honey
Dinner	Bulk cooked: Dukkah chickpea & quinoa salad	Vegetarian lasagne	Leftover: Vegetarian lasagne	Tofu Poke bowl	Leftover: Tofu Poke bowl	Chickpea & pumpkin curry (serve with 1 Mission wholemeal pita)	Leftover: Chickpea & pumpkin curry (serve with 1 Mission wholemeal pita)
Dessert	Bulk booked: apple and cinnamon muffin*	Bulk booked: apple and cinnamon muffin*	Bulk booked: apple and cinnamon muffin*	Danone yo-pro yogurt and 1 banana	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
Nutrition	Calories: 1814 Protein: 103g Carbohydrate: 178g Fat: 67g	Calories: 1716 Protein: 98g Carbohydrate: 159g Fat: 72g	Calories: 1895 Protein: 105g Carbohydrate: 208g Fat: 62g	Calories: 1809 Protein: 103g Carbohydrate: 119g Fat: 99g	Calories: 1763 Protein: 110g Carbohydrate: 124g Fat: 86g	Calories: 1885 Protein: 96g Carbohydrate: 223g Fat: 59g	Calories: 1880 Protein: 116g Carbohydrate: 221g Fat: 49g

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