

## 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.	1 slices Burgen toast* with 2 scrambled eggs, ¼ avocado, 30g crumbled feta	1 cup (220g) Chobani plain Greek yogurt with ½ cup mixed berries	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.	1 slice Burgen toast* with 2 scrambled eggs, ¼ avocado	Breakkie bowl: 1 cup sautéed kale, broccolini and mushrooms with 2 poached eggs, 30g crumbled feta.
<b>Snack</b>	Danone yo-pro yogurt	Low fat latte	Low fat latte and 20 almonds	Low fat latte	Low fat latte and Bulk booked: apple and cinnamon muffin*	Low fat latte	1 cup mixed berries
<b>Lunch</b>	Mission wholemeal pita* filled with 125g tin chickpeas (smashed), spinach, shredded carrot, capsicum, cucumber, ¼ avocado	Bulk cooked: Dukkah chickpea & quinoa salad	Bulk cooked: Dukkah chickpea & quinoa salad	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 50g haloumi, 15g crushed peanuts, 1tbs lemon juice, ¼ avocado	2 cups of mixed salad vegetables (i.e. spinach, tomato, capsicum, cucumber, carrot) 50g haloumi, 15g crushed peanuts, 1tbs lemon juice, ¼ avocado	Mission wholemeal pita* filled with 125g tin chickpeas (smashed), spinach, shredded carrot, capsicum, cucumber, ¼ avocado	Mission wholemeal pita* filled with 125g tin chickpeas (smashed), 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*	2 boiled eggs	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 cooked: Dukkah chickpea & quinoa salad	Vegetarian lasagne	Leftover: Vegetarian lasagne	Tofu Poke bowl	Leftover: Tofu Poke bowl	Chickpea & pumpkin curry	Leftover: Chickpea & pumpkin curry
<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
<b>Nutrition</b>	Calories: 1314 Protein: 87g Carbohydrate: 161g Fat: 50g	Calories: 1378 Protein: 84g Carbohydrate: 142g Fat: 48g	Calories: 1424 Protein: 82g Carbohydrate: 160g Fat: 44g	Calories: 1455 Protein: 90g Carbohydrate: 83g Fat: 81g	Calories: 1353 Protein: 98g Carbohydrate: 88g Fat: 64g	Calories: 1427 Protein: 70g Carbohydrate: 177g Fat: 41g	Calories: 1399 Protein: 80g Carbohydrate: 168g Fat: 37g

**\*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 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)