



## Breakfast

(~400Cal\*)



## Lunch

(~400Cal\*)



## Dinner

(~400Cal\*)



## Snack 1

(100-150Cal\*)



## Snack 2

(100-150Cal\*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> (~400Cal*)	Berry porridge	Banana smoothie	Avocado & tomato on sourdough	Fruit salad cup	Banana, walnut & ricotta crumpet	Pikelets	Eggs on toast
<b>Lunch</b> (~400Cal*)	Ricotta & peas on sourdough	Cheese & salad sandwich OR Homemade hommus	Pizza flip	Cheesy mushroom potato	Zucchini soup with cheesy toast dippers	Baked bean toastie	Falafel salad bowl OR Pumpkin & lentil soup
<b>Dinner</b> (~400Cal*)	Mediterranean vegetable bake	Stuffed mushrooms	Haloumi & pumpkin salad	Mini quiches	Tofu stir-fry	San choy bau	Mexican bean capsicum shells
<b>Snack 1</b> (100-150Cal*)	Fresh fruit	Grapes	Low Fat Yogurt	Kiwifruit & strawberries	Fresh fruit	Cottage cheese & chives rice cake	Grapes
<b>Snack 2</b> (100-150Cal*)	Low Fat Yogurt	Bliss balls	Warm berries & ica cream	Homemade hommus & vegetable sticks	Low Fat Yogurt	Sultanas	Passionfruit & yoghurt

\*The calorie counts suggested for meals and snacks are guidelines. Some meals and snacks may slightly exceed the calorie count guide however this has been taken into consideration and will not lead to the total daily calories being exceeded.

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