

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Breakfast (~400Cal*)	Eggs on toast	Banana smoothie	Avocado & tomato on sourdough	Fruit salad cup	Open B.L.A.T*	Pikelets	Berry porridge
 Lunch (~400Cal*)	Smoked salmon rice cakes	Cheese & salad sandwich OR Homemade hommus	Cheesy mushroom potato	Tuna salsa with sourdough	Chickpea, feta & watermelon salad OR Chicken & vegetable soup	Baked bean toastie	Falafel salad bowl OR Pumpkin & lentil soup
 Dinner (~400Cal*)	Mediterranean vegetable bake	Chargrilled steak & vegetable stack	Warm chicken & pumpkin salad	Mini quiches	Prawn stir-fry	Thai beef salad	Mexican chicken capsicum shells
 Snack 1 (100-150Cal*)	Fresh fruit	Grapes	Low Fat Yogurt	Kiwifruit & strawberries	Fresh fruit	Cottage cheese & chives rice cake	Bliss ball
 Snack 2 (100-150Cal*)	Low Fat Yogurt	Bliss balls	Warm berries & ica cream	Homemade hommus & vegetable sticks	Low Fat Yogurt	Sultanas	Passionfruit & yoghurt

*Bacon Lettuce Avocado Tomato (B.L.A.T)

*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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