

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Ricotta & peas on sourdough	Porridge with peaches & pepitas	Pikelets	Peanut butter & banana toast	Breakfast bruschetta	Mushroom & egg scramble	Banana-berry smoothie
	Mexican bean potato	Egg & mixed bean salad	Pizza toastie	Smoked salmon nicoise salad OR Minestrone soup	Turkey wrap	Hawaiian chicken burger	Greek salad OR Zucchini soup with cheesy toast dippers
	Barbecued salmon with steamed vegetables	Lamb cutlets with garlic vegetables	Haloumi, pear & walnut salad OR Pumpkin & lentil soup	Chicken curry	Beef & vegetable stir-fry	Pork san choy bau	Prawn & vegetable stack
	Fresh fruit	Warm berries & ice cream	Sultanas	Kiwifruit & strawberries	Grapes	Homemade hommus & vegetable sticks	Bliss ball
	Passionfruit & yoghurt	Bliss balls	Banana date mini muffins	Chocolate milk	Blueberries & yoghurt	Warm peaches & yoghurt	Ricotta & rice crackers

Breakfast
(~300Cal*)

Lunch
(~400Cal*)

Dinner
(~300Cal*)

Snack 1
(50-100Cal*)

Snack 2
(50-100Cal*)

*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.