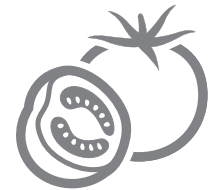
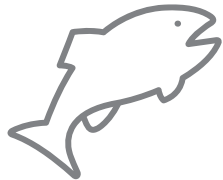


1750Cal

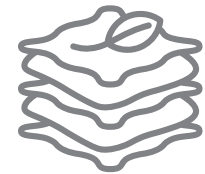
Meal Plan



Breakfast (~400Cal*)



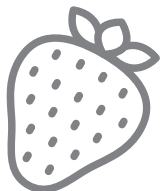
Lunch (~500Cal*)



Dinner (~450Cal*)



Snack 1 (150-200Cal*)



Snack 2 (150-200Cal*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast (~400Cal*)	Fruit salad yoghurt bowl	Baked beans on toast & small skim cappuccino	Banana-berry smoothie	Avocado & tomato sourdough & 250mL fresh orange juice	Overnight oats with warm berries	Egg & haloumi roll	Porridge with banana
Lunch (~500Cal*)	Chicken, mango & almond salad OR Minestrone soup	Chilli tuna toasted wrap & 1 orange	Mexican bean potato	Turkey & avocado wrap & 1 apple	Strawberry & quinoa tabouli OR Pea, broccoli & leek soup	Ricotta, eggplant & sundried tomato sandwich & 1 piece of fresh fruit	Chicken burger
Dinner (~450Cal*)	Fish tacos	Paprika roasted chicken & cauliflower salad	Spaghetti bolognese	Beef & vegetable curry (mild)	Homemade pizza	Barbecued salmon with sweet potato mash & mixed vegetables	Vegetarian lasagne
Snack 1 (150-200Cal*)	2 banana date mini muffins	30g mixed unsalted nuts	Soy & linseed toast with sliced banana	Yoghurt & blueberries	3 fresh dates	Avocado dip with carrot sticks & rice crackers	Avocado, tomato & cheese biscuits
Snack 2 (150-200Cal*)	Biscuits with ricotta & 1 small apple	Fruit salad & yoghurt	2 bliss balls & 1 small fruit	Rye crispbreads topped with ricotta cheese	Ice cream & kiwi fruit	2 bliss balls & strawberries	1 green apple spread with peanut butter

*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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