



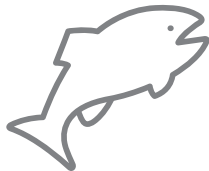
Breakfast

(~450Cal*)



Lunch

(~500Cal*)



Dinner

(~450Cal*)



Snack 1

(150-200Cal*)



Snack 2

(150-200Cal*)



Snack 3

(150-200Cal*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast (~450Cal*)	Homemade muesli with milk, yoghurt & strawberries	Ricotta honey toast	Overnight oats with fresh nectarine	Avocado smash on rye	Porridge with banana & walnuts	Open baked beans melt	Sundried tomato scrambled eggs
Lunch (~500Cal*)	Ricotta, eggplant & sundried tomato sandwich & 1 banana	Turkey & cheese sandwich	Roasted vegetable, lentil & goat's cheese salad	Brown rice & tuna bowl	Chicken, mango & almond salad OR Minestrone soup	Steak sandwich with the lot	Strawberry & quinoa tabouli OR Pea, broccoli & leek soup
Dinner (~450Cal*)	Asian baked salmon with mixed greens & wasabi avocado	Thai beef salad	Smoked salmon quiche	Beef & vegetable curry (mild)	Tofu green curry	Spaghetti marinara	Lamb skewers with roasted vegetable & chickpea salad
Snack 1 (150-200Cal*)	Unsalted mixed nuts	1 1/2 cups of fruit salad	Ricotta & strawberry toast	Yoghurt & blueberries	Yoghurt & 1 piece fresh fruit	Biscuits with ricotta & 1 small apple	Small soy latte & 1 banana
Snack 2 (150-200Cal*)	Small soy flat white & 1 fresh date	Avocado dip with carrot sticks & rice crackers	2 bliss balls & 1 apple	1 green apple spread with peanut butter	Avocado, tomato & cheese biscuits	Small skim cappuccino & 1 banana date mini muffin	Unsalted mixed nuts
Snack 3 (150-200Cal*)	2 banana date mini muffins	Canned peaches with yoghurt	2 banana date mini muffins	Ice cream & kiwi fruit	Chocolate milk & 1 bliss ball	Fruit salad & yoghurt	Ice cream with warm berries

*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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