



## 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
<b>Breakfast</b> (~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
<b>Lunch</b> (~500Cal*)	Ricotta, eggplant & sundried tomato sandwich & 1 banana	Haloumi & pesto wrap	Roasted vegetable, lentil & goat's cheese salad	Falafel pita	Strawberry & quinoa tabouli OR Pea, broccoli & leek soup	Veggie burger	Quesadilla
<b>Dinner</b> (~450Cal*)	Vegetable frittata	Tofu green curry	Broccoli pesto pasta	Chilli bean sweet potatoes	Spinach & cheese quiche	Chickpea curry	Roast vegetable, chickpea & haloumi salad
<b>Snack 1</b> (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
<b>Snack 2</b> (150-200Cal*)	Jam toast	Avocado dip with carrot sticks & rice crackers	2 bliss balls & 1 apple	1 green apple spread with peanut butter	Avocado, tomato & cheese biscuits	2 banana date mini muffin	Unsalted mixed nuts
<b>Snack 3</b> (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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