



SAMPLE

7 day meal plan

Meal Plan – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<i>Tropical overnight Oats (gluten free oats)</i>	<i>Sautéed Veg with poached egg</i>	<i>Mango chia pudding</i>	<i>2 Egg & smoked salmon GF wrap</i>	<i>Banana & coconut smoothie with cashews</i>	<i>Banana pancakes</i>	<i>Big Breakfast</i>
SNACK 1	<i>Green smoothie</i>	<i>1 x apple with 1Tbsp nut butter</i>	<i>2 Boiled eggs with avocado on rice cakes</i>	<i>100g Coconut yoghurt, 1 x passion fruit and 15g chopped walnuts</i>	<i>2 boiled eggs</i>	<i>2Tbsp hummus + cucumber, carrot and celery sticks</i>	<i>Green smoothie</i>
LUNCH	<i>Zucchini fritters & cherry tomato salad</i>	<i>Salmon poke bowl</i>	<i>Mixed salad with sardines and Lemon, garlic olive oil dressing</i>	<i>Thai Beef salad</i>	<i>Roast vegetable & Hummus GF wrap</i>	<i>Chicken, avocado with garden salad</i>	<i>Tuna & bean salad</i>
SNACK 2	<i>2 Boiled eggs with avocado on rice cakes</i>	<i>100g Coconut yoghurt, 80g mixed berries (fresh or frozen), 10g shredded coconut & 15g pepitas</i>	<i>2Tbsp hummus + cucumber, carrot and celery sticks</i>	<i>Green smoothie</i>	<i>2 rice crackers & 1 Tbsp nut butter</i>	<i>1 x apple with 1Tbsp nut butter</i>	<i>2 rice crackers & 1 Tbsp tahini</i>
DINNER	<i>Stir-fried vegetables with garlic & ginger, brown rice & quinoa</i>	<i>Red lentil Dahl</i>	<i>Pork and Asian slaw</i>	<i>Turkey mince san choy bau</i>	<i>Supreme pizza on a cauliflower pizza base</i>	<i>Zucchini carbonara</i>	<i>Roast chicken with broccoli & mushrooms</i>
DRINKS	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>	<i>2.5L water 2 x green tea 1 x sleepytime tea</i>