

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Bircher Muesli with yoghurt + berries	Scrambled eggs with green olives + greens	Waffle topped with yoghurt + berries	Bircher Muesli with yoghurt + berries	Omelette with capsicum, green olives, spinach and mushrooms	Peanut Butter Waffle with yoghurt + blueberries	Bircher Muesli with yoghurt + berries
SNACK	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie		
LUNCH	Homemade Vegetarian Nachos with guacamole + corn chips	Homemade Sausage Rolls with Pickled salad	Vegetarian Teriyaki Stir-fry with brown rice	Chicken Noodle Soup with lots of vegetables	Vegetarian Korma Curry with rice	Flu-Fighting Soup with Dads Porridge Oat Sourdough	Flu-Fighting Soup with Dads Porridge Oat Sourdough
SNACK							
DINNER	Homemade Sausage Rolls with Pickled salad	Vegetarian Teriyaki Stir-fry with brown rice	Dinner at Gazi with a low FODMAP friend	Vegetarian Korma Curry with brown rice	Roasted Vegetables with organic Chicken Sausages	Dinner at Hawker Boys with my big brother	Lemon Thyme Prawns + Zucchini Noodles
SNACK							

M E T T L E + *grace*

SUPPORTING BENEFICIAL EATING
WITH PERSONALISED COOKING