

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Blueberry GF Waffle with Five:am Organic Yoghurt	Five:am Organic Yoghurt with homemade Turmeric Granola	Scrambled eggs on FODMAP salsa and GF Precinct Toast	Five:am Organic Yoghurt with homemade Granola			
SNACK	POST PILATES SNACK GF Raspberry Muffin from Seedling Cafe	POST PILATES SNACK Acai bowl from Manchester Press	POST CARDIO SNACK Smoothie: spinach, blueberries, chia seeds, nuts, VitalGreens, Pureharvest Coco Quench	POST PILATES SNACK Avocado Smash on sourdough			
LUNCH	Homemade Mexican Beans with Guacamole and Organic Corn Chips	Leftover Dinner Slow cooked Hagens Organic Beef stew with Brown Rice	Leftover Dinner Asian Stir-fry with Buckwheat Noodles	Roast Vegetable Salad: potato, carrot, zucchini, mushroom, beetroot, capsicum, green beans, spinach topped with Goats Feta	At my parents house.		
SNACK	40g of 70% Vegan Dark Chocolate	Cobs Organic Popcorn	Organic Corn Chips with Olive Tapenade				
DINNER	Slow cooked Hagens Organic Beef stew with Brown Rice	Asian Stir-fry with Buckwheat Noodles	Organic Chicken Sausages with Roasted Vegetables				
SNACK							

M E T T L E + *grace*

SUPPORTING BENEFICIAL EATING
WITH PERSONALISED COOKING

