

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelette made by my dream boat.	Waffle topped with yoghurt + seeds	Boiled eggs mashed on GF precinct toast + topped with sauerkraut	Waffle topped with yoghurt + seeds	Mediterranean Beans on GF precinct toast	Pikelets (vegan)	Porridge made with Nutty Bruce Almond Milk
SNACK		SuperGreens Smoothie	SuperGreens Smoothie	SuperGreens Smoothie	SuperGreens Smoothie	SuperGreens Smoothie	
LUNCH	Ate out - Quesadilla + Salad	Vegetable Fritters with Dads Homemade Relish	Homemade Mexican Beans with organic corn chips		Ate out - Pumpkin Soup with sourdough	Flu-Fighting Pumpkin Soup with Sourdough	Flu-Fighting Pumpkin Soup with Sourdough
SNACK		Our Breakfast Oat Cookies		Shared a Muffin with my Mum			
DINNER	Loaded vegetable Pad Thai with rice noodles (vegan)	Slow cooked beef stew with mash potato and roasted vegetables.	Vegetable soup	Ate out - Vegetarian Curry	Spaghetti Bolognese	Roasted Vegetables with Goats milk feta	Fish with Asian Greens
SNACK	Popcorn		A waffle topped with strawberry yoghurt	Carrot sticks			

M E T T L E + *grace*

SUPPORTING BENEFICIAL EATING  
WITH PERSONALISED COOKING