

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled eggs on GF Precinct toast	Mushroom Waffle	Blueberry Waffle with yoghurt	Supergreens Smoothie and rice cakes	Stir-fried greens with 2 x boiled eggs	Scrambled eggs on Dads Oats Sourdough from Q le Baker	Brunch at Penta, Elsternwick
SNACK	SuperGreens Smoothie	SuperGreens Smoothie			Blueberry Smoothie		
LUNCH		Zucchini, Spinach and Garlic Mushroom Risotto (vegan)	Roast Vegetable Salad	Roast Pumpkin + Mushrooms Quiche	Spaghetti Bolognese	Homemade Pumpkin + Carrot Soup	Homemade Pumpkin + Carrot Soup
SNACK	Muffin and Chai latte with my Mum	Tzatziki with organic corn chips	Homemade Nachos (vegetarian)	Broccoli, Cabbage and Green bean salad		Homemade GF, DF and low sugar Banana Bread	
DINNER	Zucchini, Spinach and Garlic Mushroom Risotto (vegan)	Fish with roasted vegetables	Roast Pumpkin + Mushroom Quiche (vegetarian)	Spaghetti Bolognese with gluten free pasta	Dinner at Mopho Canteen, Balaclava	Slow Cooked Asian Beef with brown rice	Homemade Vegetarian Empanadas with green salad
SNACK	Second tiny bowl of risotto (*because it was so delicious*)		Yoghurt with a dollop of peanut butter and chia seeds		Yoghurt with granola		Homemade GF, DF and low sugar Banana Bread

M E T T L E + *grace*

SUPPORTING BENEFICIAL EATING
WITH PERSONALISED COOKING