

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled eggs with greens and sauerkraut on GF precinct sprouted sourdough	Egg omelette with mushrooms and greens	GF Mushroom Waffle with homemade chutney	Five:am organic yoghurt with homemade granola	GF Blueberry waffle topped with Five:am organic yoghurt	Boiled eggs mashed with pesto sandwiched with spinach in organic rice cakes	Umami Mushrooms at Monk Bodhi Dharma
SNACK	Smoothie: mango, blueberry, spinach, nuts, coconut milk, coconut yoghurt	Gluten free raspberry muffin from Seedling Cafe	Smoothie: banana, spinach, nuts, almond milk, super greens				
LUNCH	Asian greens with seeds and ginger dressing	Roast vegetable salad with Meredith goats cheese	Asian slaw with kewpie mayonnaise and seeds	Roast vegetable salad with Meredith goats cheese	Moroccan vegetarian curry with brown rice	Honey mustard chicken with brown rice	
SNACK				Organic corn chips with hummus	Cobs organic popcorn	Organic corn chips with olive tapenade	
DINNER	Roasted vegetables with organic sausages from Hagens Butcher	Asian slaw with ginger, soy beef kebabs in a GF grain wrap	Roasted vegetables with oven cooked fish	Moroccan vegetarian curry with brown rice	Honey mustard chicken curry with brown rice	Homemade vegetarian pizza	
SNACK	Bone broth	Bone broth	Bone broth	Bone broth	Bone broth	Smoothie: banana, spinach, super greens, peanut butter	

M E T T L E + *grace*

SUPPORTING BENEFICIAL EATING
WITH PERSONALISED COOKING