






	Breakfast	Lunch	Dinner	Snack
Day 1 	Oats porridge with berries, full-fat yoghurt, and 1 teaspoon honey.	Wholegrain sandwich with cucumber, boiled egg and olive oil mayonnaise.	Falafel with hummus and olives, grilled root vegetables and zucchini.	One medium handful of grapes.
Day 2 	Sourdough toast with leftover hummus and cucumber, carrot and capsicum slices.	Leftover falafel and olives with grilled vegetables.	Pumpkin barley risotto with a small portion of back bacon.	1 cup mixed fruit salad.
Day 3 	Cinnamon quinoa with mixed seeds and a small banana.	Leftover barley risotto. Add steamed/raw cauliflower and broccoli as a side.	Tomato or vegetable soup. Low-fat and made without cream. OR Brown rice pasta with anchovies, pesto and fresh tomato.	2 Apricots.

	Breakfast	Lunch	Dinner	Snack
Day 4 	Green smoothie with apple, pea protein powder and banana.	Brown rice pasta with anchovies, pesto and fresh tomato.	Dukkah-crusted chicken breast quinoa and steamed broccoli	A small handful of mixed nuts.
Day 5 	Cinnamon quinoa with mixed seeds and a small banana.	Lunch Leftover chicken with broccoli and quinoa	Tuna salad with eggs, tomatoes, olives and a light lemon dressing. (Boil extra eggs for breakfast)	2 Apricots.

	Breakfast	Lunch	Dinner	Snack
Day 6 	Poached/Boiled egg with fried mushroom, onion and baked beans in a light tomato sauce.	Leftover tuna salad.	Grilled salmon with asparagus, baby potatoes and chermoula.	Wholegrain crackers with 2 matchbox-sized cheese and 1 glass of red wine.
Day 7 	Green smoothie with apple, banana and pea protein powder.	Leftover salmon with asparagus and potatoes.	Black bean burgers with whole-grain buns, avocado, tomato relish and sweet potato fries/wedges.	A small handful of mixed nuts.