

## Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Two slices of Burgen toast* with ¼ avocado, 25g fetta, and sliced tomato. Plus 1 nectarine/peach	Choc-Banana Breakfast Smoothie (with added oats) and 10 almonds	Two slices of Burgen toast* with 1/4 avocado, 2 boiled eggs and sliced tomato. Plus 1 nectarine/peach	Choc-Banana Breakfast Smoothie (with added oats) and 10 almonds	Two slices of Burgen toast* with ¼ avocado, 25g fetta, and sliced tomato. Plus 1 apple.	High Protein Pancakes	High Protein Pancakes
<b>Snack</b>	Low fat latte	1 apple 10 almonds	Low fat latte	2 boiled eggs and 2 Ryvita with scrape of butter/avocado	Low fat latte	1 apple 20 almonds	Low fat latte
<b>Lunch</b>	105g tin of pink salmon ½ avocado Sliced tomato and cucumber 6 multigrain corn thins	105g tin of pink salmon ½ avocado Sliced tomato and cucumber 6 multigrain corn thins	Salad with 2 cups of mixed salad leaves, 100g roast beef, 1/3 cup sliced beetroot, cucumber, 1 small tin of chickpeas and 20g fetta cheese Plus 2 Ryvita with a scrape of butter/avocado	Sandwich on Burgen bread with 100g roast beef, 1tbs cottage cheese, mixed salad leaves and cucumber, 1 tbs Dijon seeded mustard	Turkey Rissole - leftovers. Note – if no leftovers available, replace turkey rissoles with roast beef salad and Ryvita (see Tuesday)	185g tuna in oil, drained 2tbs cottage cheese Sliced tomato and pickles 6 multigrain corn thins	185g tuna in oil, drained 2tbs cottage cheese Sliced tomato and pickles 6 multigrain corn thins
<b>Snack</b>	Kez's kitchen free and naked bar	1 chopped carrot with 2 tbs cottage cheese	1 boiled egg and 2 Ryvita with scrape of butter/avocado	1 apple plus 2 Ryvita with 2tsp peanut butter	1 boiled egg and 2 Ryvita with scrape of butter	Kez's kitchen free and naked bar	1 apple 10 almonds
<b>Dinner</b>	Taco bowl salad plus basmati rice cup	Taco bowl salad plus basmati rice cup	Taco bowl salad plus basmati rice cup	Turkey rissoles (3 rissoles for men)	Healthy fish and sweet potato chips	Sweet Chilli Chicken Stir Fry (1 full rice cup for men)	Sweet Chilli Chicken Stir Fry - leftovers (1 full rice cup for men)
<b>Dessert</b>	20 almonds	Danone Yopro yoghurt	Danone Yopro yoghurt	20 almonds	20 almonds	Danone Yopro yoghurt	20g dark chocolate
<b>Nutrition</b>	1865cal 96g protein 157g carbohydrates 87g fat	1705cal 116g protein 154g carbohydrate 62g fat	1862cal 133g protein 139g carbs 68g fat	1803cal 141g protein 126g carbohydrate 76g fat	1800cal 121g protein 121g carbohydrate 85g fat	1805cal 156g protein 153g carbohydrate 57g fat	1789cal 144g protein 156g carbohydrate 58g fat

For GF options: See recipes for instruction and make the following changes

- Swap Burgen toast for gluten free Burgen toast
- Swap Ryvita crackers for Orgran rice/quinoa/corn crispbreads OR multigrain corn thins