

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	French toast – with ¾ cup yoghurt and 1 banana	Two slices of Burgen toast* with 30g peanut butter and 1 banana	Toasted muesli (1/2 cup) with 200g low fat Greek yoghurt	Two of Burgen toast* with 30g peanut butter and 1 banana	Toasted muesli (1/2 cup) with 200g low fat Greek yoghurt	Toasted muesli (1/2 cup) with 200g low fat Greek yoghurt	French toast – with ¾ cup yoghurt and 1 banana
Snack	Low fat latte	Low fat latte 20 almonds	Low fat latte 20 almonds	Low fat latte 20 almonds	Low fat latte 1 boiled egg on 2 Ryvita with avo/butter	1 banana 10 almonds	Low fat latte 20 almonds
Lunch	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, 90g tin of corn, 2 Yumi's falafel, 2 tbs cottage cheese, 2tsp balsamic vinegar	Zucchini and mushroom frittata – Bulk cook. Add 1 slice of Burgen toast	Zucchini and mushroom frittata – Bulk cook. Add 1 slice of Burgen toast	Zucchini and mushroom frittata – Bulk cook. Add 1 slice of Burgen toast	Small wholemeal pita* filled with 90g tin of four bean mix, 30g grated low fat cheese, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tsp seeded mustard	Salad with spinach, shredded carrot, tomato, cucumber, 2 slices of beetroot, 1 90g tin of corn, 2 Yumi falafel, 2 tbs cottage cheese, 2tsp balsamic vinegar	Small wholemeal pita* filled with 90g tin of four bean mix, 30g grated low fat cheese, spinach, shredded carrot, 2 slices of beetroot, capsicum, cucumber and 1tsp seeded mustard
Snack	Happy snack company roasted chickpeas – 30g serve	1 apple	2 Ryvita with 2tbs cottage cheese and tomato	2 Ryvita with 2tbs cottage cheese and tomato	20 almonds 1 apple	1 boiled egg and 2 Ryvita*, sliced tomato with scrape of butter	Happy snack company roasted chickpeas – 30g serve
Dinner	Tofu noodle stir fry – Bulk cook	Tofu noodle stir fry – Bulk cook	Tofu noodle stir fry – Bulk cook	Healthy Vegetarian Pizza	Tofu and lentil cakes	Vegetarian Lasagne	Vegetarian Lasagne- leftovers
Dessert	Kez's kitchen free and naked bar 2 Ryvita with 2tsp peanut butter	180g low fat Greek yoghurt with ½ cup berries, 2 tbs toasted muesli*	Kez's kitchen free and naked bar 1 apple with 2tsp peanut butter	180g low fat Greek yoghurt with ¼ cup berries, 2 tbs toasted muesli*	Kez's kitchen free and naked bar 1 banana	Kez's kitchen free and naked bar	180g low fat Greek yoghurt with ¼ cup berries, 2 tbs toasted muesli*
Nutrition	1914cal 105g protein 199g carbohydrate 72g fat	1791cal 107g protein 136g carbohydrate 86g fat	1758cal 109g protein 134g carbohydrate 84g fat	1750cal 103g protein 137g carbohydrate 83g fat	1740cal 105g protein 166g carbohydrate 68g fat	1745cal 77g protein 285g carbohydrate 72g fat	1759cal 109g protein 216g carbohydrate 43g fat

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

- Swap Burgen bread to Burgen soy and linseed gluten free bread available at Woolworths
- Swap Ryvita's to 2x Olina's gluten free pepita seed crackers (available at Woolworths) OR 2x multigrain corn thins
- Swap wholemeal pita for wholegrain gluten free wraps (i.e. BFree at Woolworths)