

eat with me, train with me

Meal Plan – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Superfood Anytime Breakfast	Quick Oat Power Porridge (D)	Prawn, Smoked Salmon, Horseradish and Rocket on Rye	Quick Oat Power Porridge (D)	Superfood Anytime Breakfast	Yogurt Dip with Apple (DF)	Bacon, Egg and Tomato Stack
Morning Snack (or choose something from the Healthy Snack List)	Strawberry Yogurt Delight	½ punnet berries	(no snack as breakfast is big!)	Quick Apple Yogurt Dessert	10 raw almonds	Tea/coffee	Tea/coffee
Lunch	Turkey and Tomato Panini	Grilled Chicken with Brown Rice & Broccoli	Thai Lime Chicken with Vegetable Rice	Tomato & Chicken Baguette	Seared Salmon with Honey, Chilli, Ginger & Soy	Rice Cakes With Spicy Tomato Cheese	Turkey Pasta Waldorf Salad (dairy & gluten free version)
Afternoon Snack (or choose something from the Healthy Snack List)	10 raw almonds	1 Banana	½ punnet berries	Boiled egg	1 apple	Strawberry Yogurt Delight	Rockmelon Superbowl
Dinner	Grilled Chicken with Brown Rice & Broccoli (cook extra for lunch tomorrow)	Thai Lime Chicken with Vegetable Rice (cook extra for lunch tomorrow)	Lentil, Chilli and Coconut Soup (DF)	Seared Salmon with Honey, Chilli, Ginger & Soy (cook extra for lunch tomorrow)	Almond Chicken & Veggie Stir Fry	Superlean Beefburger and Salad	Mediterranean Beef & Lentil Soup (cook extra for lunch tomorrow)

D = dairy free, GF = gluten free, V = vegetarian