

Meal Plan – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Smoked Salmon and Avocado Corn Thins	Zesty Lemon Vanilla Fruit Dip	Summer Fruit Compote	Zesty Lemon Vanilla Fruit Dip	Smoked Salmon, Cheese and Rocket Roll-Ups	Fruit Salad with Cottage Cheese	Grilled Tomato and Scrambled Eggs on Toast
Morning Snack (or choose something from the Healthy Snack List)	Rice Cakes with Smoked Salmon & Quick Guacamole	Ham, Cheese and Rocket Crispbreads	Fruit salad cup	Banana	Ham, Cheese and Rocket Crispbreads	Apple	Smoked Salmon and Avocado Corn Thins
Lunch	Cream Cheese Tomato Bagel	Tomato & Chicken Baguette	Open Topped Crunchy Tuna Sandwich	Egg and Lettuce Wrap	Cream Cheese Tomato Bagel	Warm Spring Chicken	Mango & Chicken Salad
Afternoon Snack (or choose something from the Healthy Snack List)	½ punnet of strawberries	200g low fat natural yoghurt	Turkey, Rocket and Cranberry Pitta Pockets	Smoked Salmon and Avocado Corn Thins	Hard boiled egg	Smoked Salmon, Cheese and Rocket Roll-Ups	Instant Tuna, Roasted Capsicum and Three Beans Salad
Dinner	Smoked Haddock Scramble	Pork Steaks with Apple & Pear Salsa	Warm Spring Chicken	Barramundi with Grilled Vegetables	Vegetable frittata	Chicken & Mushroom Egg-White Omelette	Asian Prawn Noodle Salad

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