

Meal Plan – Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Superfood Anytime Breakfast	Bircher Muesli with Yogurt	Superfood Anytime Breakfast	Smoked Salmon and Avocado Corn Thins	Fruit Salad with Cottage Cheese	Turkey Bacon & Mushroom Omelette	Light English Cooked Breakfast
Morning Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Lunch	Kangaroo Fillets with Roasted Baby Beetroot & Garlic Potato Mash	Steak Shish Kebabs	Ocean Trout with Bok Choy & Brown Basmati Rice	Italian Chicken Napoli	Mediterranean Beef & Lentil Soup	Soft Egg and Salsa Taco	Tuna and Green Bean Salad
Afternoon Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Dinner	Steak Shish Kebabs (cook double for lunch tomorrow)	Ocean Trout with Bok Choy & Brown Basmati Rice (cook double for lunch tomorrow)	Italian Chicken Napoli (cook double for lunch tomorrow)	Mediterranean Beef & Lentil Soup (cook double for lunch tomorrow)	Barramundi with Thai Style Dressing	Lamb & Rosemary with White Bean Puree	Bobotie

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

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