

## Meal Plan – Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Grilled Tomato and Scrambled Eggs on Toast	Smoked Ham Bruschetta	Quick Oat Power Porridge	Dill Scrambled Eggs with Smoked Salmon	Flavour Burst Bowl	Black Olive & Spinach Omelette	Mediterranean Vegetable Frittata
<b>Morning Snack</b> choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
<b>Lunch</b>	Warm Chicken, Avocado and Spicy Salsa Wrap	Almond Lamb and Pumpkin Couscous	Hot Smoked Salmon and Watercress	Hungarian Goulash	Lemongrass, Asparagus & Sesame Chicken Stir Fry	Vegetarian Pizza Wrap (V)	Watercress, Carrot, Apple and Ham Salad
<b>Afternoon Snack</b> choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
<b>Dinner</b>	Almond Lamb and Pumpkin Couscous (cook double for lunch tomorrow)	Stuffed Zucchini	Hungarian Goulash (cook double for lunch tomorrow)	Lemongrass, Asparagus & Sesame Chicken Stir Fry (cook double for lunch tomorrow)	Oven-Steamed Ocean Trout with Potato	Moroccan Lamb Cutlets with Baba Ghanoush	Balsamic Beef & Sweet Potato Mash

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

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