

## Meal Plan – Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Cottage Cheese with Banana and Honey Drizzle	Egg Soldiers	Superfood Anytime Breakfast	Ham, Cheese and Rocket Crispbreads	Quick Oat Power Porridge (dairy free)	Egg White Scrambled Eggs with Ham & Vegies	Soft Egg and Salsa Taco
<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>	Tuna and Tomato Salad	Murg Massalam	Chicken Parmigiana	Rice Paper Fish Rolls	Tuna Avocado Walnut Salad	Lettuce Cups with Chicken, Ricotta & Sultanas	Kangaroo Burger
<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>	Murg Massalam (cook double for lunch tomorrow)	Chicken Parmigiana (cook double for lunch tomorrow)	Herb Crusted Snapper Fillet	Tunisian Lemon & Chilli Lamb	Honey Mustard Chicken	Pork and Asian Greens	Lemon Marinated Tenderloins with Fennel and Parmesan

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

Julie Markoska

Accredited Practising Dietitian & Nutritionist

[www.juliemarkoska.com.au](http://www.juliemarkoska.com.au)