

WEEK 1 MEAL PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST



Banana, Mango and Pineapple Breakfast Smoothie
203kcal



Shake
205kcal



Shake
205kcal



Shake
205kcal



Shake
205kcal



Soft-boiled Egg with sourdough soldiers and dukkah
199kcal



Shake
205kcal

SNACK

Hot beverage + splash of milk
34kcal
Handful of blueberries
35kcal

Hot beverage + splash of milk
34kcal
Small green apple
65kcal

Hot beverage + splash of milk
34kcal
Small green apple
65kcal

Hot beverage + splash of milk
34kcal
Small green apple
65kcal

Hot beverage + splash of milk
34kcal


Regular flat white or latte
153kcal

Hot beverage + splash of milk
34kcal

LUNCH



Plant-Based Sushi Bowl
414kcal



Clean Chicken Caesar Salad
439kcal



Protein-packed Quiche
434kcal




Grilled Haloumi Salad Bowl
422kcal



Chicken and Basil Pesto Pasta Salad
436kcal




Shake
205kcal



Rare Roast Beef Brown Rice Salad
434kcal

SNACK



Crispy Protein Bars
226kcal



Choc Almond Bliss Balls
110kcal



Brown Rice Crackers with Cottage Cheese, Chilli and Lemon
96kcal




Choc Almond Bliss Balls
110kcal



Brown Rice Crackers with Cottage Cheese, Chilli and Lemon
96kcal



'Cheesy' Air-Popped Popcorn
92kcal
Hot beverage + splash of milk
34kcal



Crispy Protein Bars
226kcal

DINNER




Shake
205kcal



Miso Chicken Breast
274kcal



Vegetarian Pho
383kcal



Mini Mushroom, Artichoke & Olive Pizzas
289kcal



Terriyaki Salmon with Charred Greens
396kcal



Protein-packed Vegetarian Nachos
440kcal



Spicy Bean Tostadas 273kcal

TOTAL kcal

1117

1127

1152

1125

1167

1167

1123