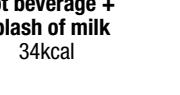


WEEK 1 MEAL PLAN

	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	 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	 Teriyaki Salmon with Charred Greens 396kcal	 Protein-packed Vegetarian Nachos 440kcal	 Spicy Bean Tostadas 273kcal
TOTAL kcal	1117	1127	1152	1125	1167	1167	1123