

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<u>Brekkie Bowl (1)</u> 2x egg (hardboiled or poached) 1 slice smoked salmon 1/4 avocado 1/2 cup spinach	<u>Chia Cup</u> 2 tbspp. chia seed 100mL full fat milk 2 tsp. peanut butter 1 pinch cinnamon	<u>Green Smoothie</u> 1 tbspp. full fat yoghurt 1/4 avocado 1 tbspp peanut butter 1/2 cup strawberries 1/2 cup spinach	<u>Omelette</u> 2x egg 1/4 cup mozzarella 1 tsp. chia seeds 1/2 cup spinach 1 tsp. olive oil	<u>Brekkie Bowl (2)</u> 50g sliced turkey 3 tbspp. cottage cheese 1/4 avocado 1/4 cup mushroom 1/2 cup spinach	<u>Keto plate</u> 1x egg 2 tbspp. cottage cheese 1/4 avocado 1 tomato 1 tsp. chia seed 1/2 cup spinach	<u>Brekkie Bowl (3)</u> 1/4 cup quinoa 2 tbspp. cottage cheese 1x egg 1/4 avocado 1/4 cup spinach
Snack AM	1 small handful cashew nuts (unsalted)	1/4 avocado 1 small tomato	1 small handful almonds (unsalted)	2 tbspp. full fat yoghurt 1 tsp. sliced almonds 1/4 cup blueberries 1 pinch cinnamon	1/2 cup Greek yoghurt 1 tsp. chia seeds 1 tsp. sliced almonds	1 tbspp. peanut butter 2 celery stalks	2 tbspp. hummus 1 medium carrot
Lunch	<u>Feta Stuffed Chicken</u> 150g chicken breast 1 tbspp. olive oil 1/4 cup Feta 1/2 cup broccoli 1/2 cup capsicum	<u>Mexican Beef</u> 50g mince 1 tbspp. guacamole 1 tomato 1 cup lettuce 1/2 cup brown rice	<u>Tuna Dip and Veggies</u> 1 tin Springwater tuna 2 tbspp. cottage cheese 1 tsp. olive oil 1/4 red capsicum 1 celery stalk	<u>Steamed Fish</u> 100g white fish 1/4 avocado 1/2 cup broccoli 1 tsp. butter 1 squeeze of lemon	<u>Chicken and Pumpkin 2 Ways</u> 75g chicken breast 1/2 cup zucchini 1/4 cup boiled pumpkin 1 tbspp. hummus 2 tsp. pumpkin seeds 1 tsp. olive oil	<u>Pasta Carbonara</u> 1x bacon rasher 1/4 cup mushroom 2 tbspp. cream 75g cooked pasta	<u>Pumpkin Soup</u> 150g pumpkin 3 tbspp. cream 1 tsp. chai seed
Snack PM	1 tbspp. peanut butter 1 stalk celery	2 tbspp. cottage cheese 1 medium cucumber	1/4 cup feta 1 snack pack seaweed 1/4 red capsicum	1 tbspp. peanut butter 1 stalk celery	2 slice smoked salmon 2 tbspp. cottage cheese	1/2 cup Greek yoghurt 2 tsp. peanut butter 1 tsp. chia seed 1 tsp. sliced almonds	1/2 cup Greek yoghurt 1/2 cup strawberries 1 tsp. chia seed 1 tsp. sliced almonds
Dinner	<u>Ginger Chilli Beef</u> 100g lean beef 1/2 tsp. olive oil 1/2 cup cauliflower 1 tsp. minced ginger 1 small chilli 1 tsp. soy sauce	<u>Pesto Chicken Salad</u> 75g chicken breast 1 tbspp. pesto sauce 2 tsp. pine nuts 1/2 cup lettuce 1 small tomato 5 olives	<u>Bun less Burger</u> 75g beef burger patty 1 slice cheddar cheese 1 slice beetroot 2 slice tomato 1/4 cup lettuce	<u>Three Bean Salad</u> 1 small tin three bean mix 1/4 avocado 1 tsp. pumpkin seeds 1 tomato 1/2 cup lettuce	<u>Satay Tofu</u> 100g tofu 2 tbspp. satay sauce 1/4 cup carrot 1/4 cup broccoli 1/4 cup red capsicum	<u>Miso Sesame Salmon</u> 75g salmon 1 tsp. miso paste 1.5 tsp. sesame seeds 1/2 bunch asparagus 1/2 cup zucchini	<u>Chicken Curry</u> 100g chicken breast 75g coconut milk 2 tsp. green curry paste 1/4 capsicum 1 medium carrot
Breakdown	Calories: 1005kcal Protein: 30% Fat: 60% Carbohydrates: 10%	Calories: 1000kcal Protein: 30% Fat: 60% Carbohydrates: 10%	Calories: 1030kcal Protein: 30% Fat: 65% Carbohydrates: 5%	Calories: 1020kcal Protein: 30% Fat: 60% Carbohydrates: 10%	Calories: 1030kcal Protein: 35% Fat: 55% Carbohydrates: 10%	Calories: 1005kcal Protein: 30% Fat: 60% Carbohydrates: 10%	Calories: 1000kcal Protein: 25% Fat: 65% Carbohydrates: 10%

Each breakfast, lunch and dinner = ~250 calories; snack (am) = ~100 calories; snack (pm) = ~150 calories