

MEAL PLAN



	BF	SNACK	L	SNACK	D
MON	Weet-Bix (Multigrain) with banana and 200mls milk	Carrot sticks with hommus	Chicken salad wrap (use Helga's mixed grain wrap)	Yoghurt + berries	Beef vegetable stir-fry with basmati rice
TUE	Guardian Cereal with 200mls milk + strawberries	2 rice cakes with cottage cheese & tomato	95g can of tuna and salad & 1 cup chickpeas	30g roasted almonds with 1 serve of fruit	Roasted vegetable lasagna with salad
WED	½ cup natural muesli with milk + berries	2 x bliss balls	Falafel and salad wrap (use Helga's mixed grain wrap)	Blueberry smoothie	Chicken burrito bowl with guacamole
THU	2 x poached eggs with ¼ avocado on toast (wholegrain)	Yoghurt + berries	Chicken, avocado, cheese & baby spinach toasted sandwich	Carrot sticks with hommus	Tofu and vegetable fried rice
FRI	Guardian Cereal with 200mls milk + strawberries	banana and blueberry smoothie	2 x brown rice sushi roll with salmon and avocado	Carrot sticks with hommus	Thai beef salad with dressing
SAT	Porridge: ½ cup rolled oats with 1 cup milk + ¼ cup of blueberries	1x Happy Snack Fav-va Beans	Roasted Vegetable Quinoa Salad	Chia pudding	Macadamia-crusted barramundi with steamed greens
SUN	Omelette (2 eggs, mushrooms, spinach & cheese) + 1 slice of toast (grain)	2 rice cakes with cottage cheese & tomato	Ham or turkey with salad on multigrain roll	Yoghurt with chopped strawberries	Shepherd's pie with roasted vegetable salad