

MON**TUE****WED****THURS****FRI****SAT****BREAKFAST**Coffee Choc
Protein ShakeVeggie
BreakfastProtein
Pancakes &
Maple SyrupPeanut Butter
Power Protein
ShakeBacon,
Mushroom &
Tomato FrittataMaple & Peanut
Overnight Oats**LUNCH**

Taco Tomatoes

Lean Clean
ChickenSquash &
Spinach PastaChicken Stuffed
PeppersTurkey
BologneseCurried
Chickpea & S.
Potato Jacket**DINNER**Chicken
Enchiladas

Lean Beef Chilli

Turkey Balls &
RiceCheesy Chicken
Pesto Pasta

Chicken Satay

Beef Stroganoff