

2

MON

TUE

WED

THURS

FRI

SAT

BREAKFAST

Coffee Choc
Protein Shake

Veggie
Breakfast

Protein
Pancakes &
Maple Syrup

Peanut Butter
Power Protein
Shake

Bacon,
Mushroom &
Tomato Frittata

Maple & Peanut
Overnight Oats

LUNCH

Stuffed
Cabbage
Burritos

Lean Bean Chilli

Chicken Stuffed
Peppers

Taco Tomatoes

Low Carb Pizza

Chicken
Enchiladas

DINNER

Chicken Satay

Turkey Patties

Chicken
Khorma & Rice

Chinese Chicken
Noodle

Beef Burrito

Meatballs &
Pasta