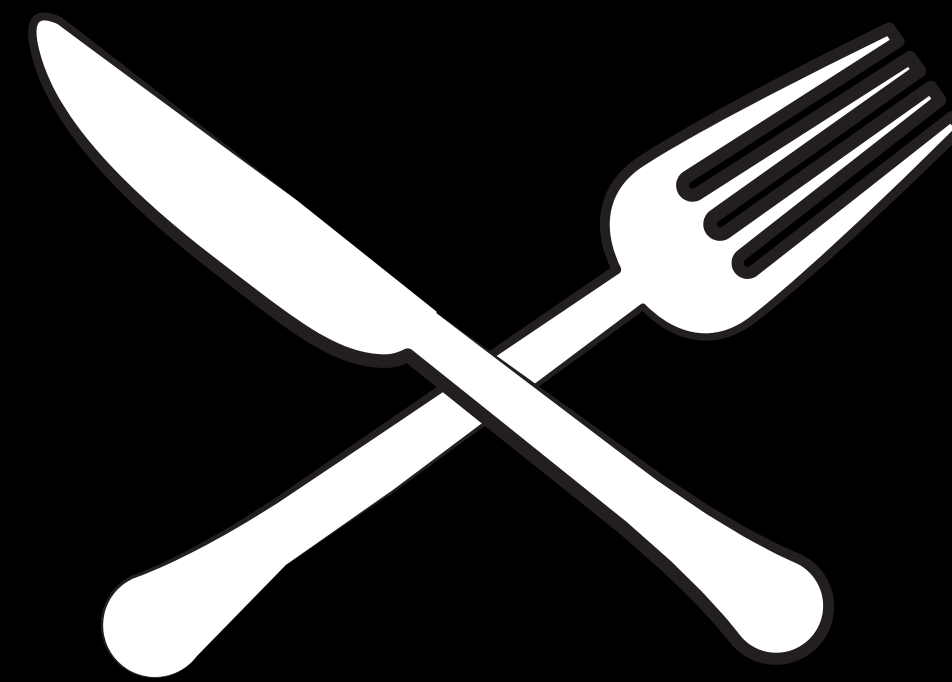




Mon

Tues

Wed

Thurs

Fri

Sat

Lunch

Lean Clean
Chicken

K - 462 P - 52.7g
F - 10.3g C - 36.3g

Curried
Chickpea &
Sweet Potato
Jackets

K - 435 P - 14.4g
F - 10.6g C - 62.5g

Low Carb
Pizza

K - 474 P - 37.7g
F - 29g C - 14g

Cheese Steak
Stuffed
Peppers

K - 346 P - 39.6g
F - 14.7g C - 13.7g

Plant-Based
Biriyani

K - 505 P - 15g
F - 9g C - 88g

Chicken
Shredder

K - 482 P - 54.7g
F - 14.1g C - 30.9g

Dinner

Meatball &
Pasta

K - 567 P - 44.6g
F - 19.7g C - 50.2g

Burgers,
Chips & Peas

K - 544 P - 45.1g
F - 15.3g C - 51.4g

Chinese
Chicken
Noodle

K - 530 P - 54.8g
F - 10.3g C - 51.4g

Chicken
Satay

K - 539 P - 55.4g
F - 12g C - 48.9g

Chilli & Basil
Turkey With
Noodles

K - 440 P - 31.5g
F - 12.2g C - 46.7g

Beef Burrito

K - 496 P - 30.7g
F - 12g C - 60.7g

Total

K - 1029 P - 97.3g
F - 30g C - 86.5g

K - 979 P - 59.5g
F - 25.9g C - 113.9g

K - 560 P - 46g
F - 56g C - 99g

K - 885 P - 95g
F - 26.7g C - 62.6g

K - 945 P - 46.5g
F - 21.2g C - 134.7g

K - 978 P - 85.4g
F - 26.1g C - 91.6g