

**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**

Chicken  
Shredder

Beef Burrito

Sloppy Joe  
Stuffed Peppers

Beef Shredder

Spiced  
Chickpea

Chinese Chicken  
Noodle

**DINNER**

Lentil Dhansak  
& Rice

Chicken Satay

Turkey Patties

Cheesy Chicken  
Pesto Pasta

Meatballs &  
Pasta

Chicken Fried  
Rice