

W/C 16/12/19

MON

TUE

WED

THURS

FRI

SAT

BREAKFAST

Banana Power
Shake

Veggie
Breakfast

Protein
Pancakes &
Maple Syrup

Peanut Butter
Power Protein
Shake

Maple & Peanut
Overnight Oats

Bacon,
Mushroom &
Tomato Frittata

LUNCH

Stuffed
Cabbage
Burritos

Spiced
Chickpea

Chicken Stuffed
Peppers

Taco
Tomatoes

Low Carb Pizza

Cheese Steak
Stuffed Peppers

DINNER

Chicken Satay

Turkey Patties

Cheesy
Chicken Pesto
Pasta

Chinese Chicken
Noodle

Meatball &
Pasta

Beef Burrito