

3

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

Cheese Steak
Stuffed Peppers

Bean Burrito

Low Carb
Pizza

Lean Clean
Chicken

Bangers &
Mash

Moroccan
Mushroom &
Grilled Halloumi

DINNER

Turkey
Bolognese

Jerk Chicken &
Coconut Rice

Sweet Chilli
Beef & Noodles

Meatballs &
Pasta

Beef Stroganoff

Sweet & Sour
Chicken