

MONDAY

Breakfast
Lunch
Dinner

- Breakfast Hash with fried egg cooked in spray oil
- Greek Pasta Salad
- Dinner - Turkey Chilli

TUESDAY

Breakfast
Lunch
Dinner

- Breakfast Hash
- Greek Pasta Salad
- Hoisin Chicken with 140g of cooked rice

WEDNESDAY

Breakfast
Lunch
Dinner

- Raspberry and White Chocolate Baked Oats
- Chicken Chopped Salad
- Pizza Fries

THURSDAY

Breakfast
Lunch
Dinner

- 2 Boiled Eggs with toasted English Muffin and 2 teaspoons of butter -
- Chickpea and Tomato Soup
- Easy Chicken Ranch Pasta

FRIDAY

Breakfast
Lunch
Dinner

- Oatmeal with Banana, Cinnamon and Maple Syrup
- Chickpea and Tomato Soup
- Cheeseburger Salad in a Bowl

SATURDAY

Breakfast
Lunch
Dinner

- Breakfast Parcels
- Cheesy Broccoli Avocado Toast
- Chicken Dupiaza with Pilau Rice

SUNDAY

Breakfast
Lunch
Dinner

- Easy Sheet Pan Pancakes
- Sweet Potato and Spinach Frittata
- Balsamic Braised Beef and Mashed Potatoes