

MONDAY

- Breakfast* • Breakfast Layered Quiche
- Lunch* • Thai Red Chicken Lentil Soup
- Dinner* • Cincinnatti Chili

TUESDAY

- Breakfast* • Breakfast Layered Quiche
- Lunch* • Thai Red Chicken Lentil Soup
- Dinner* • One Pot Creamy Harissa Pasta

WEDNESDAY

- Breakfast* • Sauteed Garlic Mushrooms with Bacon
- Lunch* • Chicken, Roasted Butternut and Quinoa Salad
- Dinner* • Quick Sriracha Chicken with 140g of cooked rice

THURSDAY

- Breakfast* • Chocolate Granola with Fat Free Vanilla Yoghurt, Banana & Raspberries
- Lunch* • Chicken, Roasted Butternut and Quinoa Salad
- Dinner* • Tater Tot Casserole

FRIDAY

- Breakfast* • Chocolate Granola with Fat Free Vanilla Yoghurt, Banana & Raspberries
- Lunch* • Tuna Sweet Potato Cheddar Patties with baby greens and light mayo
- Dinner* • Creamy Tomato Orzo Soup with Meatballs

SATURDAY

- Breakfast* • Sausage Potato Egg Breakfast Skillet with Pepper
- Lunch* • Tuna Sweet Potato Cheddar Patties with baby greens and light mayo
- Dinner* • Coconut Red Pepper Chicken Curry with 140g of cooked rice

SUNDAY

- Breakfast* • Lemon Blueberry Pancakes
- Lunch* • Lemon Garlic Seafood Salad
- Dinner* • Slow Cooked Chicken with Crushed Potatoes