



Week 7

Delivery days: Monday & Thursday
Commencing by 11.02.2019

Monday

1. Omelette Lorraine
2. Protein Yogurt with berries
3. Pulled Chicken with Mash & red braised cabbage
4. Green Power Smoothie
5. Roasted Sea Trout with herb crust and mixed Veg

Tuesday

1. Scrambled Eggs with Chorizo & green Beans
2. Protein Yogurt with Coconut
3. Beef Stir Fry with noodles
4. Peach Banana protein smoothie
5. Tandoori tender strips with Mixed Veg

Wednesday

1. Omelette with Mini Salad
2. Apple Crumble protein tart
3. Sweet & Sour Chicken with Rice
4. Wild Forest protein smoothie
5. Turkey meatloaf with Mixed Veg

Thursday

1. Ham & Cheese omelette with Greens
2. CousCous, Lentils & Chicken Salad
3. Pulled Beef with Baby Potatoes & Green Beans
4. Vanilla & Banana Protein Smoothie
5. Grilled Chicken with Roasted Butternut squash & Seeds

Friday

1. Overnight Soaked Chia Oats
2. Protein Yogurt
3. Vegetarian Lasagne
4. Chocolate Peanut Protein Smoothie
5. Steak strips with sauteed Onions and mixed Veg

Saturday (please note that Saturday is not included in our meal plans automatically. Contact us to do so)

1. Banana bread
2. Protein Yogurt
3. Steak strips with sauteed Onions and Baby potatoes
4. Wild Forest protein smoothie
5. Herb marinated roasted Chicken, mixed veg



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| Monday | Vegan Sweet & Sour with Rice |
| Tuesday | Pesto Pasta, roasted veg & Beans |
| Wednesday | Vegan Curry & steamed Rice |
| Thursday | CousCous, Lentils Salad, Baby spinach |
| Friday | Vegetarian Lasagne |
| Saturday | Baked potato with tomato salsa, cheese, lettuce |

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| Meal Plan 5 | line 3 | (one meal - high or low carb) | appx: 400-500 kcal |
| Meal Plan 5+5 | line 2,3 | (snack and meal) | appx: 550-700 kcal |
| Meal Plan 10 | line 3,5 | (two meals / one high one low carb) | appx: 700-950 kcal |
| Starter pack | line 3,4,5 | (two meals and a smoothie) | appx: 850-1100 kcal |
| Ultimate Fat Loss | line 1,3,4,5 | (breakfast, two meals & a smoothie. no carbs) | appx:1000-1200 kcal |
| Meal Plan 15 | line 3,3,5 | (three meals - two high carb one low carb or as need) | appx:1200-1400 kcal |
| Full Day Meal Plan | line 1,2,3,4,5 | (breakfast, high & low carb meal, snack & smoothie) | appx:1200-1500 kcal |
| Get Big Meal Plan | line 1,2,3,4,5 | (double BF, 2high & 1 low carb meal, 2 snacks, smoothie & extra carbs) | appx:2000-2500 kcal |