

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p>Oats, Blueberry and Chopped Mixed Nuts Oats, vanilla whey protein powder, blueberry, pistachio, almonds, walnuts.</p> <p>Scrambled Eggs with Grilled Tomatoes</p>	<p>Turkey & Cheese Omelet Three eggs, roast turkey bacon and melted cheddar cheese.</p> <p>Raspberry Pancake Almond flour, raspberry puree, coconut, egg whites, cinnamon and vanilla whey protein.</p>	<p>Strawberry Yoghurt with Homemade Granola Made with hazelnuts, coconut, sunflower seeds, almonds, sesame seeds with freshly chopped strawberries.</p> <p>Broccoli Mushroom Frittata made with eggs, onion, mushroom, broccoli, nutmeg, garlic, mozzarella and emmental cheese.</p>	<p>Hash Brown and Turkey Bacon Casserole with grated sweet potato, onion, parsley, garlic, turkey bacon and cheese.</p> <p>Oats & Banana Pudding Oats, banana, vanilla whey Protein and skim milk.</p>	<p>Choco Pancakes Made with coconut, almond flour, chocolate whey protein powder, egg white, cinnamon and served with coconut yoghurt.</p> <p>Omelette With Red Relish. Three eggs, roast turkey and mushroom served with red pepper relish.</p>
AM SNACK	<p>Feta Cubes with Cucumber Sticks</p> <p>Assorted Mix Nuts Walnuts, smoked, lemon and plain almonds.</p>	<p>Radiance Fruit Salad Pear, pomegranate and kiwi.</p> <p>Carrot Sticks With Sundried Tomato And Feta Dip</p>	<p>Almonds A mixture of smoked, lemon and plain almonds.</p> <p>Turkey Bacon Roll With asparagus, chicken breast and cheddar cheese.</p>	<p>Crunchy Chicken Nuggets With soy sauce and carrot sticks.</p> <p>Mixed Fruit Salad Kiwi, watermelon and strawberries</p>	<p>Chicken Mini Pizza Made with coconut and almond flour crust, topped with homemade tomato sauce, spicy chicken and parmesan cheese.</p> <p>Walnuts</p>
LUNCH	<p>Thai Beef Salad Mixed greens, red chili, basil, cucumber, red capsicum, bean sprouts, shredded carrots and spring onions, served with shredded beef.</p> <p>Chicken Quinoa Pilaf Shredded chicken breast mixed with quinoa, sliced onions, celery, water chestnut, carrots and tomato, garnished with fresh parsley.</p>	<p>Power Soup Made with celery, broccoli, green beans, asparagus, and spinach, served with a chicken breast.</p> <p>Mexican Chicken Salad Mixed greens, fresh tomatoes, roasted corn, mango, radish, roasted red pepper, feta cheese and lime vinaigrette.</p>	<p>Greek Salad Fresh tomatoes, cucumber, black olives, green capsicum, feta and oregano and lemon vinaigrette.</p> <p>Beef Shawarma Platter Grilled shredded beef, marinated in a blend of yoghurt, onions, capsicum, arabic spices, served with sweet gherkins, fresh red onion rings and yoghurt tahini sauce.</p>	<p>Goulash Beef Soup Beef cubes, carrots, celery, sweet potatoes, onion, tomatoes, rosemary and garlic.</p> <p>Tofu Cabbage Salad Mixed greens, green cabbage, green apple, onion, cucumber, coriander, tofu and orange juice vinaigrette.</p>	<p>Turkey Ragout Turkey breast with pumpkin, spinach and coriander, red chili, in a coconut milk sauce.</p> <p>Broccoli Apple Salad Broccoli, shredded carrot, red cabbage, apple, cherry tomato, cranberries, and lemon yoghurt dressing.</p>
PM SNACK	<p>Chocolate Chip Scones Made with almond flour, honey, coconut oil, vanilla essence and chocolate chips.</p>	<p>Chicken & Veg Samosa Chicken breast with green peas, broccoli, carrot, sweet potato and red capsicum.</p>	<p>Energy Bites Oats, peanut butter, honey, dark chocolate, coconut, flax seed, vanilla and coated in coconut.</p>	<p>Cucumber Sticks With Sweet Potato Hummus Dip</p>	<p>Quinoa Crusted Chicken Breast With spicy sundried tomato dipping sauce.</p>
DINNER	<p>Steak Fajita Beef strips with red capsicum, onions, mushrooms and red pepper avocado spread.</p> <p>Served with Zucchini, and Cauliflower Potato Mash.</p>	<p>Chicken Koftas With Yoghurt Sauce Arabic seasoned minced chicken meat balls, baked eggplant, zucchini and tzatziki sauce.</p> <p>Served with Mixed Green Salad and Dark Chocolate Mousse made with raspberries and creamy dark chocolate.</p>	<p>Salmon With Salsa Pan grilled salmon with mango and pineapple salsa.</p> <p>Served with Broccoli and Cappuccino Cheese Cake made with peanut butter cream cheese and an almond coconut crust.</p>	<p>Pomegranate Chicken Baked chicken breast made with pomegranate molasses, olive oil, garlic, ginger and blueberry pomegranate sauce.</p> <p>Served with steamed Red Radishes, Carrots, Snow Peas and Whole Wheat Pasta.</p>	<p>Brown Sauce Steak Beef steak with brown sauce.</p> <p>Served with Glazed Sweet Potato and Mixed Grilled Vegetables.</p>