

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<p>Oats, Blueberry & Chopped Mixed Nuts Oats, vanilla whey protein powder, blueberry, pistachio, almonds and walnuts.</p> <p>Scrambled Egg with Tomato.</p>	<p>Turkey & Cheese Omelette Three eggs, roast turkey bacon and melted cheddar cheese.</p> <p>Choco Pancakes Made with coconut, almond flour, chocolate whey protein powder, egg white, cinnamon and served with coconut yoghurt and Fresh Strawberries.</p>	<p>Broccoli Mushroom Frittata Made with eggs, onion, mushroom, broccoli, nutmeg, garlic, mozzarella and emmental cheese.</p> <p>Strawberry Yoghurt with Homemade Granola Made with hazelnuts, coconut, sunflower seeds, almonds, sesame seeds with freshly chopped strawberries and Fresh Kiwi.</p>	<p>Hash Brown & 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. Fresh Strawberries</p>	<p>Raspberry Pancake Made with almond flour, raspberry puree, coconut, egg whites, cinnamon and vanilla whey protein.</p> <p>Omelette with Red Relish Three eggs, roast turkey and mushroom served with red pepper relish and Fresh Carrot Sticks.</p>
AM Snack	<p>Mixed Fruit Salad Kiwi, watermelon and strawberries.</p> <p>Assorted Mix Nuts Walnuts, Smoked, Lemon and Plain Almonds.</p>	<p>Chicken & Veg Samosa Chicken breast with green peas, broccoli, carrot, sweet potato and red capsicum.</p> <p>Almonds A mixture of smoked, lemon and plain almonds.</p>	<p>Carrot Sticks With Sundried Tomato & Feta Dip</p> <p>Radiance Fruit Salad Pear, pomegranate and kiwi.</p>	<p>Crunchy Chicken Nuggets With soy sauce and carrot sticks.</p> <p>Juicy Chopped Watermelon Cubes</p>	<p>Chicken Mini Pizza Made with coconut and almond flour crust, topped with homemade tomato sauce, spicy chicken and parmesan cheese.</p> <p>Kiwi</p>
Lunch	<p>Zucchini Soup Made with garlic, onion, basil and zucchini.</p> <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>Steak & Cheese Sandwich With feta cheese, parsley, rocca, chopped tomatoes on whole grain bread.</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>Lentil Soup Made with green lentils, coriander, cumin, garlic and tomato.</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>Paneer Tandoori Whole wheat wrap, spiced paneer, lettuce, tomatoes, pineapple, capsicum and yoghurt mint dressing.</p>	<p>Turkey Ragout Turkey breast with pumpkin, spinach and coriander, red chili, in a coconut milk sauce.</p> <p>Carrot Coriander and Chicken Soup Made with carrots, leeks and ground coriander, served with a chicken breast.</p> <p>Broccoli Apple Salad Broccoli, shredded carrot, red cabbage, apple, cherry tomato, cranberries, and lemon yoghurt dressing.</p>
PM Snack	<p>Banana With Grated Dark Chocolate</p> <p>Feta Cubes with Cucumber Sticks</p>	<p>Energy Bites Oats, peanut butter, honey, dark chocolate, coconut, flax seed, vanilla and coated in coconut.</p> <p>Strawberries</p>	<p>Quinoa Crusted Chicken Breast served with spicy sundried tomato dipping sauce.</p> <p>Cucumber Sticks With Sweet Potato Hummus Dip</p>	<p>Chocolate Chip Scones Made with almond flour, honey, coconut oil, vanilla essence and chocolate chips.</p> <p>Walnuts</p>	<p>Walnut Apple Banana Cookies Made with coconut, smashed banana, apple and walnuts.</p> <p>Turkey Bacon Roll With asparagus, chicken breast and cheddar cheese.</p>
Dinner	<p>Steak Fajita Beef strips with red capsicum, onions, mushrooms and red pepper avocado spread. 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. Served with Mixed Green Salad and Brown Rice.</p>	<p>Salmon With Salsa Pan grilled salmon with mango and pineapple salsa. Served with Cauliflower and Couscous Pilaf with orange zest.</p>	<p>Pomegranate Chicken Baked chicken breast made with pomegranate molasses, olive oil, garlic, ginger and blueberry pomegranate sauce. Served with steamed Red Radishes, Carrots, Snow Peas and Whole Wheat Pasta.</p>	<p>Brown Sauce Steak Beef steak with brown sauce. Served with Glazed Sweet Potato and Mixed Grilled Vegetables.</p>
Dessert	<p>Strawberry Pick Me Up Made with mascarpone cheese, strawberry puree, cocoa powder, coffee and an almond flour cookie.</p>	<p>Dark Chocolate Mousse Raspberries and creamy dark chocolate.</p>	<p>Cappuccino Cheese Cake Peanut butter cream cheese and an almond coconut crust.</p>	<p>Kcal Ginger Pineapple Bar Almond and coconut flour, almond slices, honey, vanilla whey protein, egg white, dried pineapple.</p>	<p>Mochanana Cake Banana, vanilla whey protein powder, coffee and coated in dark chocolate.</p>