

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