

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Oats, Blueberry & Chopped Mixed Nuts Oats, vanilla whey protein powder, blueberry, pistachio, almonds, walnuts.	Turkey & Cheese Omelette Three eggs, roast turkey bacon and melted cheddar cheese.	Strawberry Yoghurt with Homemade Granola Made with hazelnuts, coconut, sunflower seeds, almonds, sesame seeds with freshly chopped strawberries .	Hash Brown & Turkey Bacon Casserole with grated sweet potato, onion, parsley, garlic, turkey bacon and cheese.	Choco Pancakes Made with coconut, almond flour, chocolate whey protein powder, egg white, cinnamon and served with coconut yoghurt.
AM Snack	Feta Cubes with Cucumber Sticks	Radiance Fruit Salad Pear, pomegranate and kiwi.	Quinoa Crusted Chicken Breast Served with spicy sundried tomato dipping sauce.	Mixed Fruit Salad Kiwi, watermelon and strawberries.	Chicken Mini Pizza Made with coconut and almond flour crust, topped with homemade tomato sauce, spicy chicken and parmesan cheese.
Lunch	Turkey Ragout Turkey breast with pumpkin, spinach and coriander, red chili, in a coconut milk sauce.	Goulash Beef Soup Beef cubes, carrots, celery, sweet potatoes, onion, tomatoes, rosemary and garlic.	Chicken Greek Salad Fresh tomatoes, cucumber, black olives, green capsicum, feta and oregano and lemon vinaigrette. Served with Chicken Breast .	Chicken Quinoa Pilaf Shredded chicken breast mixed with quinoa, sliced onions, celery, water chestnut, carrots and tomato, garnished with fresh parsley.	Spicy Tuna Salad Romaine lettuce, rocca leaves, red capsicum, spring onions, capers, olives, avocado, tuna lemon juice and vinaigrette.
PM Snack	Chocolate Chip Scones Made with almond flour, honey, coconut oil, vanilla essence and chocolate chips.	Assorted Mix Nuts Walnuts, smoked, lemon and plain almonds.	Kcal Ginger Pineapple Bar Made with almond and coconut flour, almond slices, honey, vanilla whey protein, egg white and dried pineapple .	Cucumber Sticks with Sweet Potato Hummus Dip	Almonds A mixture of smoked, lemon and plain almonds.
Dinner	Steak Fajita Beef strips, red capsicum, onions, mushrooms and red pepper avocado spread. Served with a Mixed Green Salad .	Chicken Koftas With Yoghurt Sauce Arabic seasoned minced chicken meat balls, served with baked eggplant, zucchini and tzatziki sauce. Served with Tabbouleh .	Salmon With Salsa Pan grilled salmon with mango and pineapple salsa. Served with Sautéed Spinach .	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 .	Beef Steak Brown Sauce Beef steak with brown sauce. Served with Mixed Grilled Vegetables .