

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<b>Raspberry Pancake</b> Made with almond flour, raspberry puree, coconut, egg whites, cinnamon and vanilla whey protein.	<b>Spinach &amp; Cheese Omelette</b> Three eggs, spinach and melted emmental and mozzarella cheese.	<b>Strawberry Yoghurt with Homemade Granola</b> Made with hazelnuts, coconut, sunflower seeds, almonds, sesame seeds with freshly chopped strawberries.	<b>Oats &amp; Raspberry Pudding</b> Oats, raspberries, vanilla whey protein and skim milk.	<b>Healthy Zucchini Cake</b> Made with grated green and yellow zucchini, eggs and almond flour.
AM Snack	<b>Feta Cubes with Cucumber Sticks</b>  <b>Strawberry Whey Protein Powder</b>	<b>Radiance Fruit Salad</b> Pear, pomegranate and kiwi.  <b>Chocolate Whey Protein Powder</b>	<b>Guacamole with Carrot Sticks</b> Made with fresh avocado, tomatoes, onion, parsley and lemon juice with fresh carrot sticks.  <b>Vanilla Whey Protein Powder</b>	<b>Mixed Fruit Salad</b> Kiwi, watermelon and strawberries.  <b>Chocolate Whey Protein Powder</b>	<b>Cauliflower Cheese Bites</b> Cajun seasoned bite size tots, made with crumbled cauliflower, almond flour, whole egg, cheddar and parmesan cheese and homemade ketchup.  <b>Strawberry Whey Protein Powder.</b>
Lunch	<b>Broccoli Apple Salad</b> Chopped steamed broccoli, carrots, red cabbage, green apples, cherry tomatoes, walnuts and dried cranberries with sweet and sour yoghurt dressing  <b>Grilled Halloumi.</b>	<b>Mushroom &amp; Brussel Sprouts Gratin</b> A vegetarian creamy main dish with Brussels sprouts, mushrooms, zucchini, coconut oil, leeks, rosemary, parmesan and cheddar cheese.	<b>Power Soup</b> A perfect blended soup of spinach, broccoli, zucchini, green beans, celery, asparagus, onions and garlic.	<b>BBQ Veggie Pizza Crust</b> Veggie pizza made only with veggies - a zucchini pizza base with cheese BBQ sauce and vegetables.	<b>Pumpkin and Feta Salad</b> Roasted chopped pumpkin, and beetroot, with rocca, baby spinach, feta cheese, roasted pine nuts and pumpkin seeds, caramelized onions and honey mustard dressing.
PM Snack	<b>Chocolate Chip Scones</b> Made with almond flour, honey, coconut oil, vanilla essence and chocolate chip.	<b>Assorted Mix Nuts</b> Walnuts, smoked, lemon and plain almonds.	<b>Kcal Ginger Pineapple</b> Bar made with almond and coconut flour, almond slices, honey, vanilla whey protein, egg white and dried pineapple.	<b>Cucumber Sticks With Sweet Potato Hummus Dip</b>	<b>Almonds</b> A mixture of smoked, lemon and plain almonds.
Dinner	<b>Baked Sweet Potato Feast</b> Vegetarian feast with nutrient dense sweet potato, cauliflower, leeks, garlic and eggs, topped with mozzarella and emmental cheese. Served with a <b>Mixed Green Salad.</b>	<b>Sweet Potato Quinoa Falafel Platter</b> Mashed sweet potato, quinoa, chopped onions, spring onions, parsley and sesame seed patties, served with side avocado, cucumber, cherry tomato and romaine salad with yoghurt tahini dressing. Served with <b>Gluten Free Tabbouleh.</b>	<b>Breadless Quinoa Burger</b> Veggie quinoa patty in an iceberg lettuce bun, served with freshly sliced tomatoes, gherkins and a tasty mango yoghurt dressing. Served with <b>Raisin Green Salad.</b>	<b>Veggie Chilli Bowl</b> Sweet potatoes, kidney beans, red capsicum, zucchini, tomatoes, jalapenos, chipotle chili and quinoa with sour cream. Served with steamed <b>Red Radishes, Carrots, Snow Peas.</b>	<b>Lentil and Veggie Saag</b> Sautéed red lentils with sweet potato, pumpkin, eggplant, black beans and chick-peas seasoned with cumin, coriander and lemon juice and garnished with chopped coriander leaves. Served with <b>Mixed Grilled Vegetables .</b>