

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Oats, Blueberry and Chopped Mixed Nuts Oats, vanilla whey protein powder, blueberry, pistachio, almonds, walnuts and Fresh Strawberries.	Radiance Fruit Salad Pear, pomegranate and kiwi. Carrot Sticks With Sundried Tomato & Feta Dip	Almonds A mixture of smoked, lemon and plain almonds. Turkey Bacon Roll With asparagus, chicken breast and cheddar cheese.	Crunchy Chicken Nuggets With soy sauce and carrot sticks. 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. Walnuts
AM Snack	Feta Cubes with Cucumber Sticks Assorted Mix Nuts Walnuts, smoked, lemon and plain almonds.	Chicken & Veg Samosa Chicken breast with green peas, broccoli, carrot, sweet potato and red capsicum. Almonds A mixture of smoked, lemon and plain almonds.	Carrot Sticks With Sundried Tomato & Feta Dip Radiance Fruit Salad Pear, pomegranate and kiwi.	Crunchy Chicken Nuggets With soy sauce and carrot sticks. Juicy Chopped Watermelon Cubes	Chicken Mini Pizza Made with coconut and almond flour crust, topped with homemade tomato sauce, spicy chicken and parmesan cheese. Kiwi
Lunch	Thai Beef Salad Mixed greens, red chili, basil, cucumber, red capsicum, bean sprouts, shredded carrots and spring onions, served with shredded beef. Chicken Quinoa Pilaf Shredded chicken breast mixed with quinoa, sliced onions, celery, water chestnut, carrots and tomato, garnished with fresh parsley.	Power Soup Made with celery, broccoli, green beans, asparagus, and spinach, served with a chicken breast. Mexican Chicken Salad Mixed greens, fresh tomatoes, roasted corn, mango, radish, roasted red pepper, feta cheese and lime vinaigrette.	Greek Salad Fresh tomatoes, cucumber, black olives, green capsicum, feta and oregano and lemon vinaigrette. 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.	Goulash Beef Soup Beef cubes, carrots, celery, sweet potatoes, onion, tomatoes, rosemary and garlic. Tofu Cabbage Salad Mixed greens, green cabbage, green apple, onion, cucumber, coriander, tofu and orange juice vinaigrette.	Turkey Ragout Turkey breast with pumpkin, spinach and coriander, red chili, in a coconut milk sauce. Broccoli Apple Salad Broccoli, shredded carrot, red cabbage, apple, cherry tomato, cranberries, and lemon yoghurt dressing.
PM Snack	Chocolate Chip Scones Made with almond flour, honey, coconut oil, vanilla essence and chocolate chips.	Chicken & Veg Samosa Chicken breast with green peas, broccoli, carrot, sweet potato and red capsicum.	Energy Bites Oats, peanut butter, honey, dark chocolate, coconut, flax seed, vanilla and coated in coconut.	Cucumber Sticks With Sweet Potato Hummus Dip	Quinoa Crusted Chicken Breast served with spicy sundried tomato dipping sauce.
Dinner	Steak Fajita Beef strips with red capsicum, onions, mushrooms and red pepper avocado spread. Served with Zucchini, and Cauliflower Potato Mash.	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.	Salmon With Salsa Pan grilled salmon with mango and pineapple salsa. Served with Cauliflower and Couscous Pilaf with orange zest.	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.	Brown Sauce Steak Beef steak with brown sauce. Served with Glazed Sweet Potato and Mixed Grilled Vegetables.
Dessert	Strawberry Pick Me Up Made with mascarpone cheese, strawberry puree, cocoa powder, coffee and an almond flour cookie.	Dark Chocolate Mousse Made with raspberries and creamy dark chocolate.	Cappuccino Cheese Cake Made with peanut butter cream cheese and an almond coconut crust.	Kcal Ginger Pineapple Bar Made with almond and coconut flour, almond slices, honey, vanilla whey protein, egg white and dried pineapple.	Mochanana Cake Made with banana, vanilla whey protein powder, coffee and coated in dark chocolate.