

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