

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<b>Choco Pancakes</b> Made with coconut, almond flour, chocolate whey protein powder, egg white, cinnamon and served with coconut yoghurt.	<b>Turkey &amp; Cheese Omelette</b> Made with three eggs, roast turkey bacon and melted emmental and mozzarella cheese.	<b>Kiwi Yoghurt with Homemade Granola</b> Made with hazelnuts, coconut, sunflower seeds, almonds, sesame seeds with freshly chopped kiwi.	<b>Hash Brown &amp; Turkey Bacon</b> Casserole made with grated sweet potato, onion, parsley, garlic, turkey bacon and cheese.	<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>Radiance Fruit Salad</b> Pear, pomegranate and kiwi.	<b>Quinoa Crusted Chicken</b> Chicken breast served with spicy sundried tomato dipping sauce.	<b>Mixed Fruit Salad</b> Kiwi, watermelon and strawberries.	<b>Almonds</b> A mixture of smoked, lemon and plain almonds.
Lunch	<b>Turkey Mushroom Skillet</b> Creamy mixed mushrooms and turkey breast dish, with cherry tomatoes and chopped parsley.	<b>Goulash Beef Soup</b> Beef cubes, carrots, celery, sweet potatoes, onion, tomatoes, rosemary and garlic.	<b>Chipotle Chicken Salad</b> Chipotle spiced tender chicken breast with quinoa, red and yellow capsicum, sweet corn, rocca, avocado and cherry, with mustard lime dressing.	<b>Blackened Fish With Asparagus and Olives</b> Baked spicy white fish fillet, covered with black olive and gherkin tapenade, served with perfectly seasoned steamed asparagus.	<b>Avocado Tuna Salad</b> Steamed cabbage, fresh red cabbage, romaine, rocca and coriander, mixed with canned tuna, sliced red radishes, cucumber and avocado cubes, cherry tomatoes and chopped jalapeno, served with chili sweet lemon dressing.
PM Snack	<b>Chocolate Chip Scones</b> Made with almond flour, honey, coconut oil, vanilla essence and chocolate chips.	<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>Dark Chocolate Mousse</b> Made with raspberries and creamy dark chocolate.
Dinner	<b>Beef Lagoto</b> Beef cubes, zucchini and white beans steeped in tomatoes mixed with a traditional combination of Greek flavors including garlic, lemon and a touch of mint. Served with a <b>Mixed Green Salad</b> .	<b>Shrimp Tajine</b> Seasoned jumbo shrimps covered in tahini lemon paste, with cumin flavored cauliflower rice. Served with <b>Gluten Free Tabbouleh</b> .	<b>Baked Salmon with Rosemary and Pecans</b> Pecan crusted salmon fillet served with sautéed marrows and carrots in a creamy onion, garlic sauce. Served with <b>Sautéed Spinach</b> .	<b>Chicken Quinoa Pilaf</b> Shredded chicken breast mixed with quinoa, sliced onions, celery, water chestnut, carrots and tomato, garnished with fresh parsley. Served with steamed <b>Red Radishes, Carrots, Snow Peas</b> .	<b>Herb Beef Italiano</b> Thinly sliced steak marinated in olive oil and balsamic vinegar, topped with black olive slices and served with cherry tomatoes, rocca and balsamic dressing. Served with <b>Mixed Grilled Vegetables</b> .