

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