

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