



This is just one of thousands of menu combinations, you can easily make changes to your plan using your personal dashboard, putting you in control of what you eat.

Gluten-Free Plan (1000-1300 Calories per day) A TYPICAL WEEK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p>TURKEY BACON AND ONION MINI FRITTATA</p> <p>Frittata made with whole eggs, turkey bacon, low fat cream and parmesan cheese.</p>	<p>GRANOLA YOGHURT AND STRAWBERRY</p> <p>Homemade granola with hazelnuts, chopped sesame seeds, desiccated coconut, almond slices and sunflower seeds, with yoghurt and chopped strawberries.</p>	<p>OMELETTE WITH CHEESE AND TOMATO</p> <p>Omelette with sautéed tomato, mozzarella and emmental cheese.</p>	<p>APPLE RAISIN CINNAMON MUFFIN</p> <p>Apple cinnamon muffin made with almond flour, almond slices, raisins, honey and vanilla.</p>	<p>CHOCOLATE BANANA PANCAKE</p> <p>High protein pancakes made with coconut, banana, almond flour, cocoa, egg whites, low fat milk, cinnamon and chocolate protein powder. Served with raspberry sauce.</p>
AM SNACK	<p>MANGO YOGHURT WITH JICAMA</p> <p>Simple mango, yoghurt and sriracha dip served with jicama sticks.</p>	<p>ALMOND 25G</p> <p>Mix of smoked, lemon and plain almonds.</p>	<p>RADIANCE FRUIT SALAD</p> <p>Fresh fruit salad with chopped honey melon, kiwi and pomegranate seeds.</p>	<p>CHICKEN BASIL APPLE BITES</p> <p>Mince chicken with fresh basil, diced green apple, red onion and garlic rolled up into bites. Served with homemade cranberry sauce.</p>	<p>ROASTED RED CAPSICUM WALNUT DIP WITH CARROT STICKS</p> <p>Creamy, coconut, garlic, roasted walnut and red capsicum dip with carrot sticks.</p>
LUNCH	<p>TURMERIC CHICKEN SOUP</p> <p>Turmeric chicken soup with chopped onion, celery, carrot and zucchini noodle.</p>	<p>HONEY MUSTARD SALMON WITH ROASTED BEANS</p> <p>Baked salmon marinated in honey mustard, garlic, lemon, and paprika, served with roasted green beans.</p>	<p>SHREDDED BEEF SALAD</p> <p>Mixed greens, red capsicum, cherry tomatoes, snow peas, shredded beef, with spicy orange dressing.</p>	<p>SHRIMP LEGUME</p> <p>Jumbo shrimps, broccoli and baby marrows, in basil tomato sauce.</p>	<p>CHICKEN KEBSA</p> <p>Chicken breast cubes in a curried tomato sauce</p>
PM SNACK	<p>RAW CHOCOLATE CHEESE CAKE</p> <p>Almond-date crust topped with creamy avocado chocolate mousse.</p>	<p>ORANGE SLICES</p> <p>Freshly sliced orange segments.</p>	<p>TAHINI BROWNIE</p> <p>Chocolate and coconut brownie layered with tahini topping.</p>	<p>MUHAMMARA WITH CARROTS</p> <p>Spicy roasted red pepper, tomato and almond dip served with carrot sticks.</p>	<p>BLUEBERRY ALMOND COOKIES</p> <p>Soft Cookies made of ground almonds, whole egg, blueberries, and coconut sugar and lemon zest.</p>
DINNER	<p>BEEF KABAB WITH TZATZIKI AND HERBED RICE</p> <p>Spiced beef topside kabab with herbed brown rice with red cabbage and chopped yellow capsicum. Served with tzatziki.</p> <p>KALE & ORANGE SIDE SALAD</p> <p>Side salad of kale, baby spinach, yellow and red capsicum, orange segments and sliced onion. Topped with roasted sliced almonds and goat cheese with grapefruit vinaigrette.</p>	<p>MOJO CHICKEN - NO COUSCOUS PILAF</p> <p>Seasoned orange marinated chicken breast with steamed carrots, asparagus, baby marrows, capsicum in homemade tomato sauce.</p> <p>PARSLEY LEMON CARROTS</p> <p>Roast carrots with lemon, garlic, onion, salt and parsley.</p>	<p>CREAMY BUTTER CHICKEN</p> <p>Chicken breast in a creamy coconut, calorie reduced sauce, topped with fresh chopped coriander.</p> <p>GREEN BEANS</p>	<p>TURKEY MUSHROOM SKILLET</p> <p>Creamy mixed mushrooms and turkey breast dish, with cherry tomatoes and chopped parsley.</p> <p>SIDE GREEN SALAD</p> <p>Mixed greens, tomatoes, cucumber with balsamic dressing.</p>	<p>VERACRUZ FISH STEW</p> <p>Tilapia, shrimp, parsley, red onion, tomatoes, olives, garlic, capers, potato and carrots in a spicy stew.</p> <p>MIX VIG</p> <p>Chopped broccoli, carrots, green beans and cauliflower.</p>