

Meal Plan – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Flavour Burst Bowl	Fruit Salad with Cottage Cheese	Fromage Frais with Walnuts	Superfood Anytime Breakfast	Flavour Burst Bowl	Super Smoothie	Spinach, Watercress and Potato Omelette
Morning Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Lunch	Turkey, Rocket and Cranberry Pitta Pockets	Tofu, Noodle & Lime Stir Fry	Rice, Salmon and Pesto Salad	Creamy Tuna & Chickpea Salad	Asparagus soup with chicken	Turkey & Pastrami Sandwich	Grilled Chicken Skewers with Satay Sauce
Afternoon Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Dinner	Tofu, Noodle & Lime Stir Fry (cook double for lunch tomorrow)	Rice, Salmon and Pesto Salad (cook double for lunch tomorrow)	Creamy Tuna & Chickpea Salad (cook double for lunch tomorrow)	Asparagus soup with chicken (cook double for lunch tomorrow)	Puy Lentil and Chilli Rice Salad	Honey Seared Salmon with Sweet Potato Mash	Thai Beef & Noodle Salad

D = dairy free, GF = gluten free, V = vegetarian