

# Meal Plan for 7 Days

## Day 1

### Breakfast

Egg-whites Omelet /w tomato pepper and spinach salad, rice cake and avocado

### Lunch

Lentil super-food bowl /w Nuts, seeds, dried fruit

### Dinner

Baked salmon /w Baked sweet potato, steamed cauliflower, broccoli and carrots

### Snack

Greek yogurt parfait /w Berries, nuts and seeds

## Day 2

### Breakfast

Egg-whites Omelet /w tomato pepper and spinach salad, rice cake and avocado

### Lunch

Lentil super-food bowl /w Spinach, nuts, seeds, dried fruit

### Dinner

Healthy burger /w Cheese, tomato and onions served with baked sweet potato, steamed broccoli and carrots

### Snack

Protein brownie /w berries

## Day 3

### Breakfast

Porridge /w Banana, apples, berries and nuts

### Lunch

Bean chilli /w Baked sweet potato, tomato and pepper salad

### Dinner

Cauliflower pizza /w Cheese, onion and tomato

### Snack

Popcorn /w Spices

## Day 4

### Breakfast

Egg-whites Omelet /w tomato pepper and spinach salad, rice cake and avocado

### Lunch

Bean chilli /w Brown rice and steamed broccoli

### Dinner

Cauliflower pizza /w Cheese, onion and tomato

### Snack

Protein pancakes /w Banana and berries

## Day 5

### Breakfast

Porridge /w Banana, apples, berries and seeds

### Lunch

Home-made Humus /w Carrots, peppers, cucumbers, radish, tomatoes and rice cake

### Dinner

Turkey mince wrap /w Brown rice, peppers, cucumbers, tomato and spinach

### Snack

Popcorn /w Nut butter or Spices

## Day 6

### Breakfast

Egg-whites Omelet /w tomato pepper and spinach salad, rice cake and avocado

### Lunch

Home-made Humus /w Carrots, peppers, cucumbers, radish, tomatoes and rice cake

### Dinner

Turkey meatballs /w Zucchini noodles, spinach and tomato

### Snack

Rice cake /w Nut butter, banana and berries

## Day 7

### Breakfast

Egg-whites Omelet /w tomato pepper and spinach salad, rice cake and avocado

### Lunch

Tuna salad /w Carrots, radish, peppers cucumber, onions and rice cake

### Dinner

Rice noodles /w Salmon, carrots, peppers, onions and spinach

### Snack

Greek yogurt parfait /w Berries, nuts and seeds