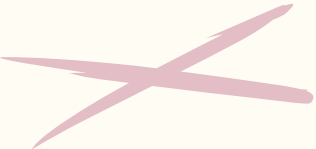
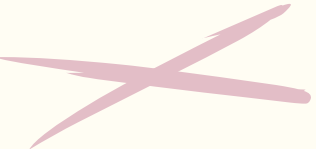
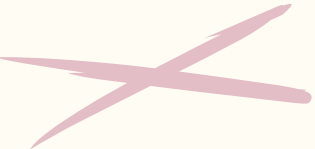
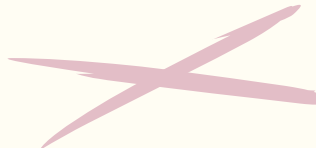
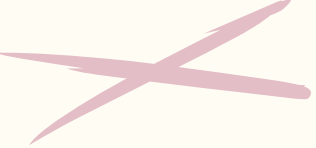
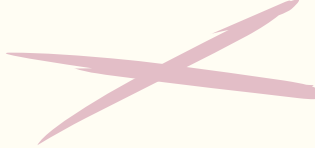


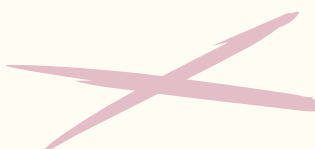


WEEK ONE

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Overnight oats Oats, milk, chia, PB + dried fruit mixed + left overnight in fridge	Spicy chickpeas Oven med veg Easy rice Bowl of fruit	Homemade Chilli Rice Side of Guac Tortillas	1x Protein bar Handful nuts 2x Rice cracker with cheese
TUE	Protein porridge Choc chips/cocoa nibs PB Protein powder	Stir Fried veg + mince - try a spice mix ontop to add flavor - with easy rice	Fried fish/chicken Roasted Sweet Potato Spicy fried veg	Apple slices with PB or Almond Butter Cucumber Slices with cheese
WED	Loaded Avo toast Topped with a nut mix + hummus	Sub sandwich Fill with meat of your choice, load up the greens etc. Protein bar 'pudding'	Grilled chicken risotto. Pair with your favourite veggies.	1x Protein Bar Small bowl of soup Trail mix
THU				
FRI				
SAT				
SUN	