



## Meal Plans Week 3-4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Packet of Uncle Tobys Quick Oats and a Protein shake in 250ml of Lite Milk	2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread	2 Slices of Wholemeal/Multigrain Bread and All Natural Peanut Butter and a Protein Shake	2 Boiled Eggs and 4 Slices of Aldi Berg '97% Fat Free Shortcut Rindless Bacon'	Protein Shake in Lite Milk and a Banana	2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread	<b>2 Boiled Eggs with 1 piece of Burgen/Multigrain/Whole Bread</b>
Snack	Apple & 12 almonds	Apple & 12 almonds	Apple & 12 almonds	Apple & 12 almonds	Apple & 12 almonds	Apple & 12 almonds	Protein Bar
Lunch	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	150 grams of Chicken Breast, 60 grams of Avocado and Salad	Turkey (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	150 grams of Turkey Breast, 60 grams of Feta and Salad	Chicken (100-120grams) Sandwich/Wrap on Multigrain Bread and Salad	150 grams of Chicken Breast, 60 grams of Avocado and Salad	200 grams of Barramundi with 20ml of Aoli (Parise Intense Aoli) and Salad
Snack	YoPro or Chobai Yoghurt	Apple or Banana	Protein Bar	Yo-Pro or Chobai Yoghurt	Apple or Banana	Weight Watchers Museli Bar (Black Forest)	Yo-Pro or Chobai Yoghurt
Dinner	3 Kanga Bangas with cauliflower rice and veggies (no potato)	150 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	150 grams of Chicken Breast with Slendier Calorie Clever 'Sphagetti' & veggies (no potato)	3 Kanga Bangas with cauliflower rice and veggies (no potato)	150 grams of Perch/Bassa Fish with Slendier Calorie Clever 'Fettuccine' and white sauce and veggies (no potato)	3 Kanga Bangas with cauliflower rice and veggies (no potato)	<b>150 grams of Perch/Bassa Fish with cauliflower rice and veggies (no potato)</b>
Snack	Weight Watchers Diet Jelly and 4 Squares of Chocolate	Skinny Cow Sundae	Protein Shake and Diet Jelly	Air popped corn	Half a punnet of black berries and half a punnet of strawberries	Protein Shake and Diet Jelly	<b>rotein Bar or Shake</b>

All these items can be purchased at Woolies and possibly Coles

Cauliflower Rice



Cauliflower Rice 2



Protein Bar



Protein Shake



Protein Shake



Yoghurt 1



Yoghurt 2



Zucchini Noodles



Fettuccine Slendier



Spaghetti Slendier



Kanga Bangas



Praise Intense Aoli



Barramundi Aldi

