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| Meal | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Drinks | Fresh Lemon & ginger tea (boiled and simmered) (GF, VG) | Basica in 250mL (electrolytes) GF VG | Green Smoothie: 1 mago, ½ bunch parsley, kale, 1 scoop protein powder, water | ACV in warm water (GF/VG) | Protein Shake with oat milk and banana (GF) | Collagen with fresh berry shake (GF) | Protein Shake with oat milk and banana (GF) |
| Breakfast | Turmeric scrambled eggs, pepper, gluten free toast & avocado (GF) | Omelette made with low-amine vegetables such as peeled white potato, chives & grated. Serve with pan fried brussels spouts and broccoli (LS) | Rolled oats with maple syrup and pear with yoghurt (optional) (GF) | Slow cooked spiced lamb with sauerkraut, salad and natural yoghurt serve with quinoa (GF) | Tempeh, potato and kale hash (VE, GF) | Coconut yoghurt served with seasonal fruit and seeds, Cinnamon chai almond milk  (VG, DF, GF) |  |
| Lunch | Steamed salmon with ginger, shallots, greens & rice (GF) | Quinoa and wild rice salad with shredded carrot, red cabbage and poached chicken (GF) | Steamed rice with marinated tofu, shitake mushroom, carrots, wilted spinach, shredded red cabbage and sping onions – add fried egg on top with sprinkle of chilli (GF) | Salmon sashimi rice bowl, service with nori, pickled carrots and cucumber, ¼ avocado, sprinkle of sesame seeds and 1 tsp tamari (GF) | Vegan falafel bowl, salad (hummus and quinoa taboli) (GF, VG) | Pesto chicken pizza with mixed leaf salad dressed with balsamic  (DF) |  |
| Dinner | Lentil & vegetable curry (GF/VE) | Fish Tacos ceviche kingfish with lime, serve in iceberg lettuce cups with sweet potatoe wedges (GF) | Stir fry of marinated tempeh with Asian style vegetables with rice noodles (GF, VG) | Vietnamse rice flour and turmeric pancake served with shredded chicken or tofu bean sprouts, min, thai basil and carrot (GF) | Mexican dinner – black beans with rice, corn tortilla, guacamole, corn on the cob and fresh tomatoes (VG, GF) | Dairy free lasagne serve with green veggies, sub cheese and butter with silken tofu, preed cauliflower or white beans |  |
| Snack | Chia Seed Pudding with seasonal fruit & Green Tea | Handful of nuts | Humous or cashew cheese with rice crackers | Fruit pot with kiwi, banana, papaya | Fruit – apple or pear | Raw Cashews, Pear vanilla dn oat muffin |  |
| Drinks | Hot Chocolate with plant based milk or cinnamon | Golden Milk Latte (Turmeric) | Sparkling water  Rice/goats/soy/cows milk hot chocolate with maple syrup | Herbal teas | Non caffeine chai | Fruit smoothie  With banana for creaminess |  |