

REGULAR MEAL PLAN

WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Overnight Oats - Choc Banana	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	One Pan Fish Bake with Rice
TUESDAY	Avocado & Pea Bruschetta	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	Creamy Chicken & Pesto Pasta
WEDNESDAY	Overnight Oats - Choc Banana	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	Sesame Salmon, Brown Rice & Asian Greens
THURSDAY	Avocado & Pea Bruschetta	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	Chilli Bean Mexican Bowl
FRIDAY	Overnight Oats - Choc Banana	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	Beautiful Burgers
SATURDAY	Avocado & Pea Bruschetta	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	Chicken, pumpkin & Eggplant Coconut Curry
SUNDAY	Green Shakshuka	Spinach & Feta Muffins	Leftovers or Chicken Rainbow Wrap	KIC Chocolate Yoghurt Whip	Veggie Loaded Classic Chicken Pie