

## OUR REGULAR MEAL PLAN



# WHAT'S ON THE MENU? WEEK 6 MEAL PLAN

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MON	Poached Eggs	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Flatbread with hummus & quinoa salad
TUE	Choc Coconut & Raspberry Oats	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Salmon, dill & sun-dried tomato
WED	Poached Eggs	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Chicken Green Curry
THU	Choc Coconut & Raspberry Oats	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Greek Salad with Farro & Cannellini Beans
FRI	Poached Eggs	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Mexican Bowls
SAT	Choc Coconut & Raspberry Oats	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Chicken Pizza Pan
SUN	Easy Breezy Crepes	Chilli Snack Attacks	Leftovers or Chicken Greek Salad	Protein Blondie Mud Cup	Shepard's Pie