

drop a few kg's  
3 meals per day x 5 days

breakfast + morning snack + lunch

**Sunday - 1st March 2020**

broccoli and cheddar egg cup  
cauliflower fritters  
sesame chicken lunch bowl

**Monday - 2nd March 2020**

raspberry pancake with almond flour base  
rock melon slices  
shrimp and avocado salad with lemon vinaigrette

**Tuesday - 3rd March 2020**

healthy carrots cake oatmeal cookies  
apple bite mix with cinnamon  
poach salmon in lime-coconut with oven roasted sweet potato

**Wednesday - 4th March 2020**

honey lime quinoa fruit salad  
watermelon slices  
asian chicken salad

**Thursday - 5th March 2020**

chickpea breakfast burrito bowl  
pineapple sticks  
sweet potato cauliflower and broccoli coconut curry

**drop a few kg's**  
**4 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack**

**Sunday - 1st March 2020**

broccoli and cheddar egg cup  
cauliflower fritters  
sesame chicken lunch bowl  
mixed dark berries

**Monday - 2nd March 2020**

raspberry pancake with almond flour base  
rock melon slices  
shrimp and avocado salad with lemon vinaigrette  
crudités with smashed avocado

**Tuesday - 3rd March 2020**

healthy carrots cake oatmeal cookies  
apple bite mix with cinnamon  
poach salmon in lime-coconut with oven roasted sweet potato  
coconut cashew energy bites

**Wednesday - 4th March 2020**

honey lime quinoa fruit salad  
watermelon slices  
asian chicken salad  
honey garlic cauliflower

**Thursday - 5th March 2020**

chickpea breakfast burrito bowl  
pineapple sticks  
sweet potato cauliflower and broccoli coconut curry  
crudites with hummus

**drop a few kg's**  
**5 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack + dinner**

**Sunday - 1st March 2020**

broccoli and cheddar egg cup  
cauliflower fritters  
sesame chicken lunch bowl  
mixed dark berries  
sesame salmon, broccoli and sweet potato mash

**Monday - 2nd March 2020**

raspberry pancake with almond flour base  
rock melon slices  
shrimp and avocado salad with lemon vinaigrette  
crudités with smashed avocado  
turkish beef meatballs with gluten free spaghetti

**Tuesday - 3rd March 2020**

healthy carrots cake oatmeal cookies  
apple bite mix with cinnamon  
poach salmon in lime-coconut with oven roasted sweet potato  
coconut cashew energy bites  
bbq ranch chicken salad

**Wednesday - 4th March 2020**

honey lime quinoa fruit salad  
watermelon slices  
asian chicken salad  
honey garlic cauliflower  
beef parmesan stuffed pepper

**Thursday - 5th March 2020**

chickpea breakfast burrito bowl  
pineapple sticks  
sweet potato cauliflower and broccoli coconut curry  
crudites with hummus  
cajun chicken zucchini skillet

drop a few kg's  
6 meals per day x 6 days

breakfast + morning snack + lunch + afternoon snack + dinner + evening snack

**Sunday - 1st March 2020**

broccoli and cheddar egg cup  
cauliflower fritters  
sesame chicken lunch bowl  
mixed dark berries  
sesame salmon, broccoli and sweet potato mash  
crackers with hummus

**Monday - 2nd March 2020**

raspberry pancake with almond flour base  
rock melon slices  
shrimp and avocado salad with lemon vinaigrette  
crudités with smashed avocado  
turkish beef meatballs with gluten free spaghetti  
spicy roasted chickpea

**Tuesday - 3rd March 2020**

healthy carrots cake oatmeal cookies  
apple bite mix with cinnamon  
poach salmon in lime-coconut with oven roasted sweet potato  
coconut cashew energy bites  
bbq ranch chicken salad  
honey glaze roasted nuts

**Wednesday - 4th March 2020**

honey lime quinoa fruit salad  
watermelon slices  
asian chicken salad  
honey garlic cauliflower  
beef parmesan stuffed pepper  
cracker with hummus

**Thursday - 5th March 2020**

chickpea breakfast burrito bowl  
pineapple sticks  
sweet potato cauliflower and broccoli coconut curry  
crudites with hummus  
cajun chicken zucchini skillet  
strawberry banana protein blast