

# Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Bacon & eggs	Mediterranean omelette	Peanut butter & chocolate smoothie	Banana smoothie	Bacon & eggs	Berry smoothie	Eggs benedict
MEAL 2	Beef stir fry	Chicken & creamy parmesan with sun-dried tomato sauce	Chicken & creamy parmesan with sun-dried tomato sauce	Sesame crusted chicken	Chicken & broccoli salad	Turkish one pan eggs and peppers	Trout with creamy dill sauce
MEAL 3	Greek salad	Beef stir fry	Beef stir fry	Chicken & broccoli salad	Rissoles with potato bake	Naked burgers	Sunday lamb roast with veggies