



## MEAL PLAN

**Breakfast** ~ Egg base + protein + 1 or 2 sides

**Base Options:**

2 or 3 eggs. Scrambled, poached, boiled or omelette

**Protein Options:**

Smoked salmon, bacon (grilled), steak, ham, turkey, chicken, feta cheese

**Side Options:**

Grilled tomato, avocado, grilled mushrooms, spinach, grilled asparagus, grilled pepper



**Lunch** ~ Salad base + protein + 2 sides

**Base Options:**

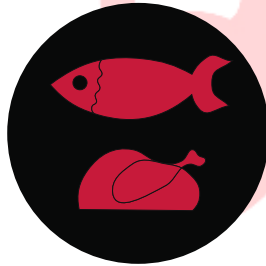
Mixed green salad including lettuce, spinach, rocket, leafy greens

**Protein Options:**

Tuna, chicken, steak, turkey, prawns, salmon, ham

**Side Options:**

Tomato, avocado, cucumber, pepper, boiled egg, broccoli, olives, houmous, pine nuts



**Evening Meal** ~ Veg base + protein + carbs

**Base Options:**

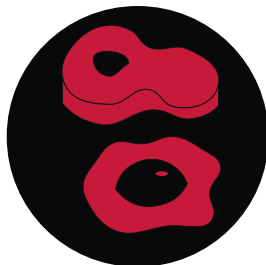
Mixed veg either stir fried, roasted or steamed

**Protein Options:**

Tuna steak, chicken breast, beef steak, beef mince, turkey breast, prawns, salmon, white fish

**Side Options:**

Sweet potato, brown/white rice, quinoa, kidney, beans, black beans



**Snacks**

Whey protein shake, boiled eggs, handful of nuts, greek yoghurt, beef jerky, raw veg and houmous, protein bar

