



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:

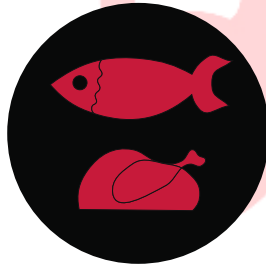
Mixed green salad including lettuce, spinach, rocket, leafy greens

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:

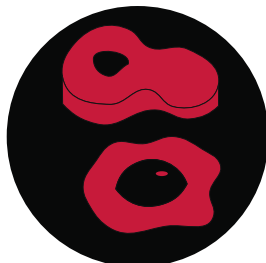
Mixed veg either stir fried, roasted or steamed

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

