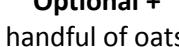


More COLOURS less beige for weight management

This meal plan has 4 ideas for breakfast, lunch and dinner.

Breakfast	Lunch	Dinner
Mixed berries with plain yoghurt, nuts and seeds   	Optional + handful of oats 	Fresh Greek salad (cucumber, tomato, olives, red onion, feta, olive oil)  Add fruit 
Omelette with spinach and greens 	Add fruit 	"Quick Lunch" – supermarket salad with chicken leg/can OR tuna    Add fruit 
Mushrooms, spinach, tomatoes, Avocado and cottage cheese   	Optional + Slice of bread 	Raw energy salad - grated beetroot and carrot, pumpkin seeds, olive oil, balsamic, raisins, mint.  Add fruit 
Smoothie (avocado, berries, lemon juice, spinach/greens, ½ banana, water and ice) 	Cabbage slaw (red cabbage, carrot, spring onion, herbs, olive oil) with hardboiled egg and dry toasted peanuts    Add fruit 	Chicken stir fry (onion, carrot, beans, broccoli, cauliflower, capsicum, chicken, peanut butter, ginger, garlic, chicken stock, coriander, cashews) optional add small amount of rice 