

Week 1

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake 	Shake	¼ cup muesli + 1 tub/150g yoghurt	Shake	2 slices grain toast + 1 slice low fat cheese + tomato	Shake	2 poached/boiled/ scrambled eggs + sautéed mushrooms, baby spinach, grilled tomato
Morning Tea	1 serve fruit	Choice of 30g nuts	Boiled egg + vegetable sticks	1 serve fruit	Choice of 30g nuts	1 serve fruit	Small skim coffee 
Lunch	Roast Beetroot & Pumpkin Salad GF V	Grilled chicken + steamed vegetables	Shake + salad 	Grilled chicken + thin grain wrap with salad	Shake + salad	Steamed vegetables + 95-125g tinned tuna/salmon	Shake + salad
Afternoon Tea	1 tub/150g yoghurt 	2 slices low fat cheese + vegetable sticks	Choice of 30g nuts	95g tin tuna/salmon	1 serve fruit 	2 tbsp low fat cottage cheese + vegetable sticks	Choice of 30g nuts + vegetable sticks
Dinner	Stuffed Chicken Breast GF	Fish Cakes GF DF Notatoes GF V + salad	Beef Enchiladas	Steak with Onion Salsa GF DF	Pork Skewers with Stir Fried Vegetables GF DF	Shepherd's Pie GF	Grilled Vegetable Stack GF V
After Dinner	Choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit		Choice of 30g nuts 	1 tub/150g yoghurt	Choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit

GF Gluten Free **DF** Dairy Free **V** Vegetarian **VG** Vegan

1 Shake per day Meal Plan = Total: 994 - 1566 calories per day

Week 2

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake 	¼ cup muesli + 1 tub/150g yoghurt	Shake	Shake 	Shake	2 poached/boiled/scrambled eggs + sautéed mushrooms, baby spinach, grilled tomato
Morning Tea	1 serve fruit 	Choice of 30g nuts	Boiled egg + vegetable sticks	1 serve fruit	Choice of 30g nuts	1 serve fruit	Small skim coffee e.g. latte or 250ml skim milk + sugar-free flavouring
Lunch		Grilled chicken + steamed vegetables	Shake + salad	Leftover Zucchini & Ricotta Frittata GF V + salad	Grilled chicken + salad	Grain sandwich + salad + 2 slices cheese	Shake + salad 
Afternoon Tea	1 tub/150g yoghurt	2 slices low fat cheese & vegetable sticks	Choice of 30g nuts	95g tin tuna/salmon 	1 serve fruit	2 tbsp hummus + vegetable sticks	Choice of 30g nuts + vegetable sticks
Dinner	Chilli Con Carne GF DF + Cauliflower Rice GF DF VG	Roast Tuna Steaks with Tomato GF DF	Zucchini & Ricotta Frittata GF V + salad	Asparagus & Chicken Stir Fry GF DF + ½ cup cooked rice or Cauliflower Rice GF DF VG	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Hearty Beef Casserole GF DF + Notatoes GF V	Fish Cakes GF DF + Notatoes GF V + salad
After Dinner	Choice of 30g nuts 	Aeroplane Jelly Lite + 1 serve fruit		Choice of 30g nuts	1 tub/150g yoghurt 	Aeroplane Jelly Lite + choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit

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Week 3

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + ½ cup frozen berries blended together	Shake	¼ cup muesli + 1 tub/150g yoghurt	Shake 	Shake	Shake	50g smoked salmon + ¼ cup low fat cottage cheese + sauteed mushrooms, baby spinach, grilled mushroom + 1 grain toast
Morning Tea	Choice of 30g nuts 	1 serve fruit	Boiled egg 	Choice of 30g nuts	Choice of 30g nuts	1 serve fruit 	1 tub/150g yoghurt
Lunch	Grilled chicken + salad	Leftover Grilled Kofta GF DF + optional: thin grain wrap	Shake + salad	80g Grilled chicken + 20g grated low fat cheese + salad	Roast Beetroot & Pumpkin Salad GF V	Roast Beetroot & Pumpkin Salad GF V	Shake + salad + ¼ avocado
Afternoon Tea	2 slices low fat cheese + vegetable sticks	1 tub/150g yoghurt	Choice of 30g nuts	2 tbsp hummus + vegetable sticks 	1 serve fruit	1 glass lite milk + sugar-free flavouring	Aeroplane Jelly Lite + 1 serve fruit
Dinner	Grilled Kofta GF DF + optional: thin grain wrap	Cajun Chicken and Avocado Salad GF DF	Spaghetti Bolognaise GF DF + Zucchini Noodles	Asian Style Mushroom Omelette GF DF V	Stuffed Chicken Breast GF	Chilli Lime Salmon with Thai Herb Salad GF DF	Steak with Onion Salsa GF DF
After Dinner	Cup of tea	Choice of 30g nuts	1 serve fruit + Aeroplane Jelly Lite 	1 serve fruit + Aeroplane Jelly Lite	1 tub/150g yoghurt 	Choice of 30g nuts	Cup of tea 

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Week 4

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 raisin toast + 2-3 tbsp low fat ricotta + ½ banana sliced	Shake	¼ cup muesli + 1 tub/150g yoghurt 	1 tub/150g yoghurt + 1 serve fruit + 2 tsp chia seeds	Shake 	2 eggs poached/ boiled/scrambled + sautéed mushrooms, baby spinach, grilled tomato	Shake
Morning Tea	1 tub/150g yoghurt	Vegetable sticks + salsa dip	1 slice raisin toast + 1 tbsp lite ricotta	Aeroplane Jelly Lite	Choice of 30g nuts	1 tub/150g yoghurt	1 serve fruit
Lunch	Shake + salad	Leftover Spaghetti Bolognese GF DF + Zucchini Noodles	Shake + salad	Leftover Fish & Bean Salad GF DF	Leftover Grilled Vegetables with Ginger Dressing GF DF VG + 2 boiled eggs	Shake + salad + ¼ avocado	Salad + 95-125g tinned salmon/sardines 
Afternoon Tea	1 serve fruit	Small skim coffee 	Choice of 30g nuts	2 low fat slices cheese + cucumbers	1 serve fruit 	Cherry tomatoes	2 tbsp cottage cheese + vegetable sticks
Dinner	Spaghetti Bolognese GF DF + Zucchini Noodles	Grilled chicken + Peach & Sugar Snap Salad	Fish & Bean Salad GF DF	Grilled Vegetables with Ginger Dressing GF DF VG + Shake	Chargrilled Chicken with Vegetables GF DF	Grilled steak + Mushroom & Pak Choy Stir Fry GF DF VG	Beef & Eggplant Curry GF DF + Cauliflower Rice GF DF VG
After Dinner	Cup of tea 	Aeroplane Jelly Lite	Aeroplane Jelly Lite	Cup of tea	1 tub/150g yoghurt	Aeroplane Jelly Lite	Choice of 30g nuts 

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Week 5

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake + ½ cup frozen berries blended to a smoothie	½ cup muesli + ½ low fat milk	Shake 	Shake	2 Weet-Bix Hi-Bran + ½ cup lite milk	2 poached/boiled/ scrambled eggs, grilled tomato & baby spinach 1 grain toast
Morning Tea	Small skim coffee 	Vegetable sticks + 2 tbsp hummus	1 tub/150g yoghurt	Choice of 30g nuts	Choice of 30g nuts	1 tub/150g yoghurt	1 serve fruit
Lunch	Salad + ¼ avocado + 95-125g tinned tuna/salmon	Leftover Zucchini & Ricotta Frittata GF V + salad	Shake + salad 	Steamed vegetables + 1 tub/150g yoghurt	Leftover Pork Chops with Chargrilled Vegetable Salad GF DF	Shake + salad + ¼ avocado	Shake + salad
Afternoon Tea	1 serve fruit 	Choice of 30g nuts	Choice of 30g nuts	Boiled egg 	1 tub/150g yoghurt	Cherry tomatoes 	Vegetable sticks + ¼ avocado made into a dip
Dinner	Zucchini & Ricotta Frittata GF V + salad	Mexican Beef, Bean & Vegetables GF	Chicken Provencale GF DF	Pork Chops with Chargrilled Vegetable Salad GF DF	Grilled chicken + salad	Roast Tuna Steaks with Tomato GF DF	Tofu Vegetable Stir Fry GF DF VG + Cauliflower Rice GF DF VG
After Dinner	Cup of tea	Aeroplane Jelly Lite	Aeroplane Jelly Lite + 1 serve fruit	Cup of tea 	1 serve fruit	Aeroplane Jelly Lite	Cup of tea

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Week 6

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake 	Shake	1 tub/150g yoghurt + 1 serve fruit + 2 tsp chia seeds	Shake + ½ cup berries	¼ cup muesli + 1 tub/150g yoghurt 	50g smoked salmon, 1 egg, ¼ cup low fat cottage cheese + sautéed mushrooms, spinach, onion + 1 grain toast	Shake + ½ cup mango cubes
Morning Tea	2 slices low fat cheese + cucumber	Cherry tomatoes + 1 serve fruit	Choice of 30g nuts	Choice of 30g nuts	¼ cup low fat cottage cheese + vegetable sticks	Cherry tomatoes 	Boiled egg + sliced cucumbers
Lunch	Grilled chicken + salad 	Grilled chicken + salad + wrap	Shake + salad	Grilled chicken + salad	Shake + salad	Shake + salad	Salad + ½ cup 4 bean mix + 40g low fat feta
Afternoon Tea	Choice of 30g nuts	1 tub/150g yoghurt + 1 tbsp chia seeds	1 serve fruit 	Boiled egg	4 dried apricots + 6-8 almonds	1 serve fruit	Choice of 30g nuts
Dinner	Beef Enchiladas	Fish Cakes GF DF + salad	Leftover Fish Cakes GF DF + salad	Grilled steak + Italian Eggplant Bake GF DF VG	Asian Style Mushroom Omelette GF DF V	Pork Chow Mein with Cabbage GF DF	Tuna Kebabs with Spicy Coleslaw GF DF
After Dinner	1 serve fruit	Choice of 30g nuts + Aeroplane Jelly Lite 	1 glass low fat milk	Cup of tea	1 serve fruit + Aeroplane Jelly Lite	1 tub/150g yoghurt + 1 tbsp chia seeds	Cup of tea 

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Week 7

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + ½ small banana	¼ cup muesli + 1 tub/150g yoghurt 	Shake 	Shake	1 tub/150g yoghurt + 1 serve fruit	Shake	Leftover Spinach & Ricotta Frittata GF V + sliced tomato & cucumber
Morning Tea	1 tub/150g yoghurt + ½ small banana	Aeroplane Jelly Lite + ½ cup strawberries	Choice of 30g nuts	Nut Bar 30g	2 grain crackers + 1 slice low fat cheese + tomato	1 serve fruit + vegetable sticks	1 small skim cappuccino/latte
Lunch	+ Grilled chicken + thin grain wrap + salad 	Shake + steamed vegetables	Salad + 95-125g tinned tuna/salmon	Grilled chicken + steamed vegetables 	Shake + salad	Leftover Spiced Bream with Salsa GF DF	Grilled Chicken & Grilled Vegetables with Ginger Dressing GF DF VG
Afternoon Tea	Choice of 30g nuts	2 slices low fat cheese + cucumber	1 serve fruit 	Vegetable sticks + ¼ avocado mashed into a dip	Vegetable sticks + ¼ avocado mashed into a dip	1 tub/150g yoghurt 	Choice of 30g nuts
Dinner	Asparagus & Chicken Stir Fry GF DF	Leftover Asparagus & Chicken Stir Fry GF DF	Grilled Kofta GF DF + salad + optional: thin grain wrap	Leftover Grilled Kofta GF DF + optional: thin grain wrap	Spiced Bream with Salsa GF DF	Spinach & Ricotta Frittata GF V + salad	Shake + Mushroom & Pak Choy Stir Fry GF DF VG
After Dinner	Aeroplane Jelly Lite	Choice of 30g nuts 	1 glass lite milk + sugar-free flavouring	Cup of tea + 4-5 dried apricots	Aeroplane Jelly Lite	Choice of 30g nuts	Cup of tea + 4-5 dried apricots

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Week 8

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + sliced cucumbers and tomato	2 raisin toast + 2-3 tbsp low fat ricotta + ½ banana sliced	Shake 	Shake + sliced cucumbers and tomato	2 poached/boiled/ scrambled eggs + sliced tomato & cucumbers	Shake + sliced cucumbers and tomato	2 poached/boiled/ scrambled eggs + grilled mushrooms and tomato + optional: 1 grain toast
Morning Tea	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese	½ banana	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese	1 tub/150g yoghurt	1 raisin toast + 1 tbsp low fat ricotta cheese	1 serve fruit 	Aeroplane Jelly Lite + 1 serve fruit
Lunch	Salad + 95g tin tuna/salmon + ½ tin 4 bean mix 	Shake + steamed vegetables	Salad + 2 boiled eggs	Leftover Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Shake + salad 	Grilled chicken + salad 	Shake + salad
Afternoon Tea	Aeroplane Jelly Lite + 1 serve fruit	1 tub/150g yoghurt + 1 tbsp chia seeds + 5-6 nuts	1 serve fruit	Cup of tea + 1 serve fruit	3 dried apricots + 6-8 almonds	Choice of 30g nuts + cherry tomatoes	Choice of 30g nuts 
Dinner	Steak Sandwich GF DF	Pork Chops with Chargrilled Vegetable Salad GF DF	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Beef Enchiladas	Indian Lamb Meatball Curry GF DF + Cauliflower Rice GF DF VG	Leftover Indian Lamb Meatball Curry GF DF + Cauliflower Rice GF DF VG	Chargrilled Chicken with Vegetables GF DF
After Dinner	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite + cup of tea	Choice of 30g nuts	Aeroplane Jelly Lite 	Aeroplane Jelly Lite	1 glass lite milk + sugar-free flavouring	1 tub/150g yoghurt

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Week 9

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake + ½ cup berries	Shake 	Shake	Shake + ½ cup berries 	1 tub/150g yoghurt + 1 serve fruit	2 poached/boiled/ scrambled eggs + grilled mushrooms and tomato + ½ cup baked beans	Shake
Morning Tea	2 grain crackers + 1 slice low fat cheese + tomato	Choice of 30g nuts + carrot sticks	Small skim cappuccino/ latte 	1 tub/150g yoghurt	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite + 1 serve fruit
Lunch	Grilled chicken + steamed vegetables 	Grilled chicken + thin grain wrap + salad	Salad + 95-125g tinned tuna/salmon	2 boiled eggs + sliced cucumbers and cherry tomatoes	Shake + sliced cucumbers and cherry tomatoes	Shake + steamed vegetables	Grilled chicken + salad 
Afternoon Tea	1 serve fruit	1 tub/150g yoghurt	1 serve fruit + Aeroplane Jelly Lite	Cup of tea + choice of 30g nuts	1 serve fruit + Aeroplane Jelly Lite	1 tub/150g yoghurt 	Choice of 30g nuts
Dinner	Pork Scaloppini with Salsa GF DF	Leftover Pork Scaloppini with Salsa GF DF	Cajun Chicken and Avocado Salad GF DF	Spaghetti Bolognese GF DF	Leftover Spaghetti Bolognese GF DF	Braised Chicken with Tomatoes & Olives GF DF + Notatoes GF V	Leftover Braised Chicken with Tomatoes & Olives GF DF + Notatoes GF V
After Dinner	Choice of 30g nuts	1 serve fruit 	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite	1 glass lite milk + sugar-free flavouring	Aeroplane Jelly Lite + ½ cup berries	1 tub/150g yoghurt

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Week 10

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	¼ cup muesli + 1 tub/150g yoghurt 	2 poached/boiled/scrambled eggs + sliced cucumbers, carrots and tomato	Shake + ½ cup berries (blend for a smoothie)	Shake	2 slices grain toast + 1 slice low fat cheese + tomato	2 poached/boiled/scrambled eggs + grilled mushrooms and tomato	Shake 
Morning Tea	½ cup baked beans + sliced cucumbers	1 raisin toast + 1 tbsp low fat ricotta + cup of tea	½ cup baked beans + sliced cucumbers	3 dried apricots + 6-8 almonds	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite + 1 serve fruit
Lunch	Shake + steamed vegetables	Shake + salad 	Grilled chicken + salad	Leftover Roast Tuna Steaks with Tomato GF DF	Shake 	Shake + steamed vegetables	Leftover Eggplant Cannelloni with Spinach & Roasted Tomato GF V
Afternoon Tea	Choice of 30g nuts	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	1 tub/150g yoghurt	1 serve fruit + Aeroplane Jelly Lite	95g tin tuna/salmon + cucumber	Choice of 30g nuts
Dinner	Hearty Beef Casserole GF DF + Notatoes GF V	Leftover Hearty Beef Casserole GF DF + Notatoes GF V	Roast Tuna Steaks with Tomato GF DF	Turkey Skewers with Mango Avocado Salsa GF DF	Chilli Lamb Stir Fry GF DF + Cauliflower Rice GF DF VG	Eggplant Cannelloni with Spinach & Roasted Tomato GF V	Grilled chicken + salad 
After Dinner	1 serve fruit + Aeroplane Jelly Lite 	1 serve fruit	Aeroplane Jelly Lite	Cup of tea 	1 tub/150g yoghurt	Aeroplane Jelly Lite	1 tub/150g yoghurt

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Week 11

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake 	2 poached/boiled/scrambled eggs + sliced cucumbers & tomatoes	Shake + ½ cup berries (blend for a smoothie)	1 raisin toast 1 small skim cappuccino/latte	Shake + ½ small banana (blend for a smoothie)	1 tub/150g yoghurt + 1 serve fruit + 2 tsp chia seeds	1 sliced smoked salmon + 1 egg + grilled mushrooms and tomato
Morning Tea	1 serve fruit	1 tub/150g yoghurt	2 slices low fat cheese + cucumber	½ cup berries + Aeroplane Jelly Lite	1 tub/150g yoghurt + ½ small banana	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese	Vegetable sticks dipped into 40g mini tub light Philadelphia cream cheese
Lunch	95-125g tinned tuna/ salmon + sliced cucumbers & tomatoes 	Shake + salad 	Roast Beetroot & Pumpkin Salad GF V	Shake + steamed vegetables	Grilled chicken + salad	Shake 	Shake
Afternoon Tea	Choice of 30g nuts	Choice of 30g nuts + carrot sticks	3 dried apricots + 6-8 almonds	1 tub/150g yoghurt 	Aeroplane Jelly Lite	3 dried apricots + 6-8 almonds	Choice of 30g nuts
Dinner	Stir Fried Pork Mince with Eggplant GF DF	Spaghetti Bolognese GF DF	Leftover Spaghetti Bolognese GF DF	Stuffed Chicken Breast GF	Leftover Stuffed Chicken Breast GF	Pork Chops with Chargrilled Vegetable Salad GF DF	Leftover Pork Chops with Chargrilled Vegetable Salad GF DF
After Dinner	1 glass lite milk + sugar-free flavouring	1 serve fruit + Aeroplane Jelly Lite	Aeroplane Jelly Lite 	Cup of tea	Choice of 30g nuts 	Aeroplane Jelly Lite	1 serve fruit: (baked apple) + Aeroplane Jelly Lite

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Week 12

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Shake	Shake + ½ cup berries (blend for a smoothie) 	1 raisin toast + 1 small skim cappuccino/latte	Shake	Shake	Shake 	Shake + ½ cup berries (blend for a smoothie)
Morning Tea	Vegetable sticks + cup of tea	1 tub/150g yoghurt	1 serve fruit	Vegetable sticks + ¼ avocado mashed into a dip	Small skim cappuccino, latte or hot chocolate	Boiled egg + vegetable sticks	3 dried apricots + 6-8 almonds
Lunch	Grilled chicken + salad 	Bean, Tomato & Cashew Salad GF DF VG + 95g tin tuna/salmon	Shake + salad	Grilled chicken + steamed vegetables 	Salad + 95-125g tin tuna/salmon	Leftover Zucchini & Ricotta Frittata GF V + salad	Steamed vegetables + 2 eggs
Afternoon Tea	1 raisin toast + 1 tbsp low fat ricotta + cup of tea	1 serve fruit 	2 slices low fat cheese + cucumber	2 slices low fat cheese + tomatoes	Choice of 30g nuts + vegetable sticks	3 dried apricots + 6-8 almonds	1 tub/150g yoghurt
Dinner	Fish & Bean Salad GF DF	Chilli Con Carne GF DF + Notatoes GF V	Leftover Chilli Con Carne GF DF + Notatoes GF V	Yoghurt Chicken with Mango Chutney GF	Zucchini & Ricotta Frittata GF V + salad	Grilled steak + Mushroom & Pak Choy Stir Fry GF DF VG	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF
After Dinner	3 dried apricots + 6-8 almonds	Aeroplane Jelly Lite	Choice of 30g nuts 	½ cup berries + Aeroplane Jelly Lite	1 serve fruit: (baked apple) with 1 tbsp yoghurt	Aeroplane Jelly Lite 	Aeroplane Jelly Lite

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