**Ingredients WK 1-2**

**SNACKS**

**Balls - Apricot**

**Ingredients:**

Apricots

Coconut

**Balls – Peanut Butter**

**Ingredients:**

Peanut butter

Dates

Sesame Seeds

Coconut oil

**Bars**

**Ingredients:**

Nuts

Dates

Coconut

Peanut butter

Oats

Coconut oil

**Banana/Berry Muffins**

**Ingredients:**

Wholemeal flour

Banana

Rolled oats

Eggs

Honey

Greek or natural yoghurt

Chia seeds

Olive oil

Mixed berries

Cinnamon

Vanilla essence

Bi carb soda

Butter

**Feta, Tomato and Parmesan Muffins**

**Ingredients:**

Feta

Tomato

Parmesan Cheese

Wholemeal Flour

Salt and Pepper

**Toasted Almonds**

**Ingredients:**

Almonds

**Tomato, Onion and Zucchini slice**

**Ingredients:**

Tomato

Onion

Zucchini

Salt and pepper

**Breakfast**

**Ancient Grains and berries**

**Ingredients:**

Mixed berries

Ancient grain oats

**Mixed berries and yoghurt**

**Ingredients:**

Greek Yoghurt

Mixed Berries

**Granola**

**Ingredients:**

Nuts

Dried fruits

Maple syrup

Coconut oil

**Spanish omelette with yoghurt and spinach**

**Ingredients:**

Greek Yoghurt

Spinach leaves or mixed green salad

Egg

Capsicum

Onion

Sweet potato

Olive oil

Garlic

Bacon

Rosemary

**Mushroom and egg frittata**

**Ingredients:**

Eggs

Salt and pepper

Butter

Mushrooms

Baby spinach

Grated cheese

**Veggie and egg frittata**

**Ingredients:**

Eggs

Tomato

Onion

Capsicum

Carrot

Olive Oil

Milk

Black pepper

Salt and pepper

**Meals**

**Mild Spicy Chicken**

**Ingredients:**

Chicken

Olive Oil

Paprika

Mixed herbs

Sweet chilli sauce

Chicken stock

**Salmon with mixed greens**

**Ingredients:**

Salmon

Peas

Beans

Broccoli

oil

**Fish Pie with cauliflower rice**

**Ingredients:**

Fish

Peas

Beans

Cauliflower

**Eye fillet steak and mixed greens**

**Ingredients:**

Eye fillet steak

Peas

Beans

Broccoli

Cauliflower

**Beef Stir Fry - 200 calories per serve**

**Ingredients:**

Beef

Garlic

Onions

Ginger

Green beans

Peas

Broccoli

Mushroom

Zucchini

Carrot

Soy sauce

Honey

Sesame oil

Almonds and or cashews

**Slow cooked satay chicken with mixed greens**

**Ingredients:**

Chicken

Chicken stock

Salt

Pepper

Satay sauce (includes peanuts or nuts)

Peas

Beans

broccoli

**Meals Cont.**

**Chicken soup - 50 kilojoules**

**Ingredients:**

Chicken stock

Onion

Cumin

Mixed herbs

Oregano

Chilli flakes

Salt and pepper

Oyster sauce

**Cauliflower soup - 75 kilojoules**

**Ingredients:**

Cauliflower

Chicken stock

Garlic

Parmesan cheese

onion

**Spicy Tomato soup - 50 kilojoules**

**Ingredients:**

Tomatoes

Onion

Garlic

Salt and pepper

Chicken stock

Chilli flakes

Cumin

Kidney beans

Broccoli

carrot

**Beef Curry and Cauliflower rice**

**Ingredients:**

Beef

Curry powder

Onion

Coconut milk

Beef stock

Brown sugar

Cauliflower

Sesame oil

Eggs

Garlic

Carrot

Corn

Shallots

Mushrooms

Peas

Soy sauce

**Chilli Con Carne - 300 calories per serve**

**Ingredients:**

Oil

Onion

Garlic

Chilli

Mince

Tomato

Tomato paste

Beef stock

Kidney beans

Paprika

cumin

**Meals Cont.**

**Veg. Beef Lasagne - 582 calories per serve**

**Ingredients:**

Beef

Olive oil

Egg plant

Onion

Garlic

Zucchini

Carrot

Pumpkin

Tomatoes

Tomato paste

Basil

Spinach

Cheese

Cream

Parmesan cheese

Nutmeg

**Slow cooked curry chicken - 320 calories per serve**

**Ingredients:**

Chicken

Onion

Soy sauce

Honey

Garlic

Ginger

Lime

Chicken stock

Cornflour

Curry powder

**Spag (zucchini spirals) and meatballs - 374 c per serve**

**Ingredients:**

Zucchini

Beef mince

Whole meal breadcrumbs

Parmesan cheese

Black pepper

Garlic

Egg

Onion

**PROTEIN WEEK**

**Snacks**

**Protein Bars –date mix**

**Ingredients:**

Dates

Peanut butter

Nuts

Coconut oil

**Mixed nuts**

**Ingredients:**

Variety of nuts

**Lemon Zest and olive oil asparagus**

**Ingredients:**

Asparagus

Lemon

Olive oil

**Berries with coconut cream - Carbs per serving: 5.5g**

**Ingredients:**

Cream

Coconut milk

Splenda

Berries

**Frozen jelly with berries**

**Ingredients:**

Mixed berries

Jelly

**Thai Mince balls**

**Ingredients:**

Chicken

Onions

Chilli

Curry paste

Sweet Chilli sauce

Soy sauce

Ginger

Multigrain bread

Plain flour

**Parmesan roasted green beans - carbs per serving 5.2g**

**Ingredients:**

Olive oil

Garlic

Egg

Garlic salt

Green beans

Parmesan cheese

**Sunday snack – low fat cheese cake - carbs per serving: 1.3g**

**Ingredients:**

Cream

Cream cheese

Lemon juice

Flaxseed

Butter

Splenda

**Peanut butter ice cream with 1 scoop protein - carbs per srving: .8g**

**Ingredients:**

Cream cheese

Atkins chocolate mix

Peanut butter

**Devilled eggs**

**Ingredients:**

Eggs

Greek yoghurt

Mustard

Salt

Paprika

**Pancakes with berries and cream - carbs per serving: 3g**

**Ingredients:**

Eggs

Cream cheese

Splenda

Cinnamon

Blueberries

Cream

**Eggs baked in avocado - carbs per serving: 2g**

**Ingredients:**

Egg

Avocado

Salt

Black pepper

Fresh chives

**Ham & cheese breakfast roll up - carbs per serving: 1g**

**Ingredients:**

Egg

Almond milk

Chives

Salt and pepper

Butter

Cheese

Ham

**Minty chocolate mousse - carbs per serving: 4g**

**Ingredients:**

Butter

Cream cheese

Cream

Cocoa powder

Sweetener

Adkins chocolate mint bar

**Crustless vegetable quiche - 120 calories per slice**

**Ingredients:**

Olive oil

Garlic

Red pepper

Broccoli

Eggs

Milk

Salt and black pepper

Oregano

Basil

Mozzarella

Feta

**Parmesan scrambled eggs -**

**Ingredients:**

Olive oil

Eggs

Black pepper

Parsley

Parmesan cheese

**Baked eggs and bacon cups - carbs per serving: 2g**

**Ingredients:**

Eggs

Spinach leaves

Cheese

Tomato

Eggs

Salt and pepper

Oil

**Avocado salsa**

**Ingredients:**

Tomatoes

Coriander

Onion

Jalapeno peppers

Avocados

Lime juice

Salt pepper

**Dijon chicken - carbs per serving: 1g**

**Ingredients:**

Olive oil

Chicken

Onion

Garlic

Thyme

Chicken stock

Cream

Mustard

Salt and pepper

**Broccoli, bacon and walnut salad - carbs per serving: 3g**

**Ingredients:**

Broccoli

Bacon

Cheese

Mayonnaise (contains eggs)

Vinegar

Garlic

Black pepper

walnuts

**Roasted pumpkin, spinach and walnut salad - carbs per serving: 7g**

**Ingredients:**

Pumpkin

Olive oil

Salt and mixed herbs

Spinach leaves

Walnuts

**Zucchini noodles with fish**

**Ingredients:**

Zucchini

Fish

Salt and pepper

**Crustless Egg and bacon pie - carbs per serving: 1.3g**

**Ingredients:**

Eggs

Cream

Onion

Bacon

Cheese

Salt and pepper

**Eggplant pizza - carbs per serving: 4g -**

**NOTE SERVE WITH cauliflower, broccoli, nuts and a vinaigrette**

**Ingredients:**

Eggplant

Tomato sauce

Mozzarella cheese

Tomatoes

Spinach

Salt

Red pepper flakes

Broccoli

Cauliflower

Nuts

Vinegar

Soy sauce

**Cheesy chicken bake - carbs per serving: 7g**

**Ingredients:**

Chicken

Cheese

Cream

Broccoli

Leek

Tomatoes

Pesto

Lemon juice

Butter

Salt and pepper

**Bacon wrapped chicken with sweet chilli sauce beans and nuts**

**Ingredients:**

Chicken

Bacon

Oil

Paprika

Mixed herbs

**Beef with broccoli stir fry - carbs per serving: 6g**

**Ingredients:**

Broccoli

Beef

Soy sauce

Garlic

Oil

Cider vinegar

Ginger

Red pepper

Beef stock

Sesame seeds

Chilli peppers

**Fish pie - carbs per serving: 5g**

**Ingredients:**

Olive oil

Onion

Garlic

Tomatoes

Ginger

Cinnamon

Salt and black pepper

Fish

Butter

Celeriac

**Shephards pie with cauliflower rice - carbs per serving: 3g**

**Ingredients:**

Minced beef

Mushrooms

Capsicum

Onion

Celery

Cauliflower

Beans

Chicken stock

Rosemary

Thyme

Cumin

Beef stock

**Chicken rogan with cauliflower rice - carbs per serving: 8g**

**Ingredients:**

Chicken

Chicken stock

Ginger

Garlic

Olive oil

Turmeric

Curry powder

Chilli powder

Cumin

Fennel

Tomatoes

**Cauliflower, cheese and bacon**

**Ingredients:**

Cauliflower

Cheese

Bacon

Salt and pepper

**BLUEBERRY PROTEIN SHAKE:**

Blueberries

Protein shake mixture