

AT LEAST

*what's on the  
menu this week?*

IS ONE LESS THING TO WORRY ABOUT





## CARB & CALORIE CONSCIOUS

According to your eating plan, your average macro-nutrient intake per day is:

Calories

1600

KJ

6694

Protein

30%

Fat

45%

Carbs

25%

### STORAGE OF MEALS ON ARRIVAL:

PRODUCT MUST BE STORED IN THE FRIDGE IMMEDIATELY.

AMBIENT PRODUCT TO BE STORED IN THE GROCERY CUPBOARD.

SOUPS/ STEWS TO BE STORED IN THE FREEZER UNLESS YOU ARE GOING TO USE IT IN THE NEXT 3 DAYS.

## YOUR WEEKLY MENU

|           | BREAKFAST   | SNACK                     | LUNCH  | SNACK   | DINNER  |
|-----------|---|---------------------------|--|---|---|
| MONDAY    | MEDITERRANEAN SCRAMBLE                            | DROEWORS                  | CHICKEN BURRITO BOWL   | PEANUT BUTTER PROTEIN BAR                           | ROAST TOMATO & RED PEPPER SOUP                        |
| TUESDAY   | OMELETTE NAPOLITANA                               | PEANUT BUTTER PROTEIN BAR | CITRUS HERB SALMON, MINTED COURGETTES & QUINOA               | BERRY GRANOLA BAR<br>ALL THE GREENS SMOOTHIE 250 ml | CHICKEN GREEN CURRY BOWL                              |
| WEDNESDAY | CHICKEN SAUSAGE WITH MEXI BLACK BEANS & MUSHROOMS | TREE NUTS                 | SALMON, QUINOA, GINGER MISO GLAZE & SPRING VEG               | ALL THE GREENS + VEGAN PROTEIN SMOOTHIE 250 ml      | ROASTED CHICKEN WITH MUSHROOM & SWEET POTATO          |
| THURSDAY  | CHEDDAR, BROCCOLI & RED PEPPER SCRAMBLE           | BERRY SMOOTHIE 250 ml     | CHICKEN BREAST, ROASTED RED PEPPER SAUCE & SPRING VEGETABLES | COLLAGEN APPLE GRANOLA BAR                          | THAI RED CURRY CHICKEN WITH QUINOA & BROCCOLI         |
| FRIDAY    | LOW CARB GRANOLA WITH PROTEIN & CRANBERRIES       | TREE NUTS                 | HERB ROASTED CHICKEN ROOT MASH & STEAMED VEGETABLES          | BERRY GRANOLA BAR<br>BERRY SMOOTHIE 250 ml          | MEAT BALLS WITH PESTO ZUCCHINI NOODLES                |
| SATURDAY  | LOW CARB GRANOLA WITH PROTEIN & CRANBERRIES       | TREE NUTS                 | SPICY CAJUN CHICKEN WITH SAUTÉED PEPPERS & BASMATI           | VITAMIN SEE SMOOTHIE 250 ml                         | THAI RED CURRY SOUP WITH CHICKEN                      |
| SUNDAY    | CHICKEN SAUSAGE WITH MEXI BLACK BEANS & MUSHROOM  | DROEWORS                  | CHICKEN & MUSHROOM LENTIL CHILI                              | ALL THE GREENS SMOOTHIE 250 ml                      | HARISSA CHICKEN WITH ROASTED SWEET POTATO & BUTTERNUT |

MENU ITEMS CAN BE SUBSTITUTED IF NOT AVAILABLE.

SEE BACK OF MEAL FOR NUTRITIONAL INFORMATION AND WARMING INSTRUCTIONS.

CAUTION: TRAY HOT ONCE WARMED.