

	Day One	Day Two	Day Three	Day Four	Day Five
Breakfast	2 eggs spinach grilled haloumi	omelette: kale sweet potato roast pumpkin turmeric	omelette pizza/pide	breakfast group	2 eggs kale grilled haloumi
Snack	coffee 2 protein balls	banana 2 protein balls	coffee 2 protein balls	coffee 2 protein balls	coffee 2 protein balls
Lunch	chickpea patties carrots grilled haloumi	chickpea patties roasted veggie stack grilled haloumi stewed apple coconut yoghurt	bbq kangaroo roast veggie salad	soup: roasted pumpkin sweet potato coconut yoghurt	broccoli and cauliflower fried rice with crumbed chicken and kale
Snack	smoothie: pineapple cucumber kale mint water	smoothie: pineapple cucumber kale mint water	banana 2 protein balls	smoothie: pineapple cucumber kale mint water	banana and coconut yoghurt
Dinner	bbq'd kangaroo roast pumpkin roast sweet potato kale roasted pumpkin seeds	grilled chicken crusted with dukkah roasted veggies kale	leftover chicken made into patties kale, carrot and pumpkin seed salad coconut yoghurt and turmeric dressing	sweet potato rosti	grilled kangaroo sweet potato rosti and kale salad
Dessert	stewed apples coconut yoghurt		stewed apples coconut yoghurt		