



This is just one of thousands of menu combinations, you can easily make changes to your plan using your personal dashboard, putting you in control of what you eat.

# International Plan (1000-1300 Calories per day) A TYPICAL WEEK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p><b>STRAWBERRY COTTAGE PANCAKES</b></p> <p>Pancakes made with cottage cheese, strawberry puree, egg whites, oatmeal and vanilla protein powder with side of creamy strawberry sauce.</p>	<p><b>POTATO AND MUSHROOM FRITTATA</b></p> <p>Frittata made with whole eggs, chopped red onion, mushroom, potato, parsley and cheddar cheese.</p>	<p><b>CINNAMON, NUT &amp; SEED GRANOLA WITH RASPBERRY YOGHURT</b></p> <p>Granola made with almond slices, pumpkin seeds, chopped pecans, cinnamon and honey, alongside raspberry yoghurt.</p>	<p><b>EGG BACON MUFFIN</b></p> <p>Savoury egg muffin mixed with turkey bacon and emmental cheese.</p>	<p><b>PASSION FRUIT CHIA PUDDING</b></p> <p>Passion fruit flavoured chia pudding topped with fresh mango, pineapple and roasted coconut.</p>
AM SNACK	<p><b>MIXED NUTS</b></p> <p>A mix of walnuts and smoked, lemon and plain almonds.</p>	<p><b>MANGO YOGHURT WITH ALMOND BREAD STICKS</b></p> <p>Soft almond flour and parmesan bread sticks served with a spicy mango yoghurt dip.</p>	<p><b>ANTIOXIDANT FRUIT SALAD</b></p> <p>Fresh fruit salad with chopped pineapple, rock melon and blueberries.</p>	<p><b>CHICKEN BASIL APPLE BITES</b></p> <p>Mince chicken with fresh basil, diced green apple, red onion and garlic rolled up into bites. Served with homemade cranberry sauce.</p>	<p><b>COUSCOUS CRACKER AND CAPSICUM WALNUT DIP</b></p> <p>Homemade couscous crackers with roasted capsicum and walnut dip.</p>
LUNCH	<p><b>VERACRUZ FISH STEW</b></p> <p>Tilapia, shrimp, parsley, red onion, tomatoes, olives, garlic, capers, potato and carrots in a spicy stew.</p>	<p><b>CITRUS CHICKEN SALAD</b></p> <p>Mixed leaves, shaved fennel, quinoa and citrus fruits served with honey marinated chicken and a zesty orange dressing.</p>	<p><b>TACO CHICKEN BOWL</b></p> <p>Spicy cubed chicken breast with quinoa and corn, avocado salsa.</p>	<p><b>PASTA AND TURKEY MEATBALLS</b></p> <p>Meatballs made with minced turkey breast, parmesan cheese, onions, garlic, parsley, basil and coconut, served with steamed broccoli, whole wheat pasta and spicy tomato salsa.</p>	<p><b>THAI SHRIMP &amp; NOODLE SOUP</b></p> <p>Coconut milk and red curry soup with lemon grass, kaffir lime, shrimp, ginger, snow peas, pumpkin, basil and rice noodles.</p>
PM SNACK	<p><b>COCONUT, CHOCOLATE CHIP BITES</b></p> <p>Cocoa powder, chocolate protein powder, salt, coconut oil, peanut butter, honey, vanilla and chocolate chips rolled into bites and covered in coconut.</p>	<p><b>RED VELVET CAKE</b></p> <p>Soft Chocolate cake topped with vanilla cream cheese frosting.</p>	<p><b>HAWAIIAN MINI PIZZA</b></p> <p>Almond flour, coconut flour and whole wheat pizza crust, topped with our homemade tomato sauce, pineapple, asparagus, chicken breast, chopped onion, green capsicum, and parmesan cheese.</p>	<p><b>TIRAMISU</b></p> <p>Almond Flour cake soaked in coffee syrup topped with sweet mascarpone cream.</p>	<p><b>FRUIT MIX</b></p> <p>Freshly chopped strawberry, kiwi and watermelon.</p>
DINNER	<p><b>BAKED TONKATSU</b></p> <p>Lightly breaded chicken breast, with stir fried pak choy, cabbage and carrot, topped with toasted sesame seeds. Served with a sweet soy sauce.</p> <p><b>BAKED TONKATSU</b></p> <p>Frisee, lollo rosso, with green beans, snow peas, bean sprouts, chopped mint leaves, raisins, sumac and a lemon vinaigrette.</p>	<p><b>BEEF TOMATILLO SAUCE WITH CAULI RISOTTO</b></p> <p>Lean beef with tomatillo sauce, served with cauliflower risotto and garnished with parsley leaves.</p> <p><b>MIXED GREENS SIDE</b></p> <p>Mixed greens, tomatoes, cucumber with lemon vinaigrette dressing.</p>	<p><b>SESAME SALMON WITH MANGO SALSA</b></p> <p>Salmon rolled in black and white sesame seeds, served with steamed asparagus and mango salsa.</p> <p><b>PARSLEY LEMON CARROTS</b></p> <p>Roast carrots with lemon, garlic, onion, salt and parsley.</p>	<p><b>SHAHI KABAB WITH LEMON RICE</b></p> <p>Chicken mince kabab with spiced brown lemon rice.</p> <p><b>GRILLED EGGPLANT WITH VINAIGRETTE</b></p> <p>Oven grilled eggplant cubes, feta cheese, fresh mint and coriander leaves with chili garlic lemon dressing.</p>	<p><b>MEXICAN BRAISED BEEF</b></p> <p>Braised beef tenderloin spiced with anchito paste, served with roasted white potato.</p> <p><b>ALMOND BROCCOLI</b></p> <p>Steamed broccoli with sliced almonds, garlic, salt and olive oil.</p>