



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.

New Mums Plan (1400-1600 Calories per day) A TYPICAL WEEK

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p>OMELETTE WITH CHEESE, MUSHROOM AND PEPPER WITH FETA SPREAD</p> <p>Omelette made with sautéed red capsicum, mushrooms, mozzarella and emmental cheese, served with feta cheese spread made with roasted red capsicum and crushed black pepper.</p>	<p>BLUEBERRY ALMOND PANCAKE</p> <p>Pancakes made with almond flour, blueberries, coconut oil, eggs, a touch of honey, rosewater and vanilla essence.</p>	<p>CINNAMON, NUT & SEED GRANOLA WITH RASPBERRY YOGHURT</p> <p>Granola made with almond slices, pumpkin seeds, chopped pecans, cinnamon and honey, alongside raspberry yoghurt.</p>	<p>BERRY SMOOTHIE BOWL</p> <p>Creamy smoothie made with banana, berries and almond milk, topped with homemade nut and seed granola.</p>	<p>ALMOND BANANA WAFFLES</p> <p>Waffles made with almond flour, oats, smashed banana, coconut oil and vanilla protein powder, served with strawberry coulie and fresh fruit</p>
AM SNACK	<p>MANGO YOGHURT WITH ALMOND BREAD STICKS</p> <p>Soft almond flour and parmesan bread sticks served with a spicy mango yoghurt dip.</p> <p>VIETNAMESE SPRING ROLL - BEEF</p> <p>Thinly sliced beef, shredded cabbage, spring onions, green beans and green capsicum, rolled in rice paper, with peanut dipping sauce.</p>	<p>CHICKEN BACON BITES</p> <p>Mince chicken, chopped turkey bacon, red onion, garlic and cheddar cheese rolled into bites. Served with homemade BBQ sauce.</p> <p>MIXED NUTS</p> <p>A mix of walnuts and smoked, lemon and plain almonds.</p>	<p>FOUR SEASON MINI PIZZA</p> <p>Almond flour, coconut flour and whole wheat pizza base, topped with our homemade tomato sauce, chicken breast, mushrooms, turkey bacon, red capsicum and parmesan cheese.</p> <p>FRUIT MIX</p> <p>Freshly chopped strawberry, kiwi and watermelon.</p>	<p>SWEET POTATO HUMMUS WITH CUCUMBER MEDITERRANEAN ROLL</p> <p>Two thin slices of grilled eggplant, stuffed with feta cheese, fresh basil and sun dried tomato.</p>	<p>EGGPLANT NUGGETS WITH SOUTHWEST SAUCE</p> <p>Chunks of eggplant coated in almond and cajun spices served with homemade southwest sauce for dipping.</p> <p>RADIANCE FRUIT SALAD</p> <p>Fresh fruit salad with chopped honey melon, kiwi and pomegranate seeds.</p>
LUNCH	<p>TURMERIC CHICKEN SOUP</p> <p>Turmeric chicken soup with chopped onion, celery, carrot and zucchini noodle.</p> <p>CREAMY BUTTER CHICKEN</p> <p>Chicken breast in a creamy coconut, calorie reduced sauce, topped with fresh chopped coriander.</p>	<p>HONEY MUSTARD SALMON WITH ROASTED BEANS</p> <p>Baked salmon marinated in honey mustard, garlic, lemon, and paprika, served with roasted green beans.</p> <p>TOMATO & ASPARAGUS GREEN SALAD VG</p> <p>Mixed greens, cherry tomatoes, asparagus, red capsicum and cucumber, with blueberry vinaigrette dressing.</p>	<p>POWER CHICKEN BOWL</p> <p>Marinated chicken breast strips with red capsicum, green capsicum, broccoli, asparagus, yellow and green zucchini, coconut and balsamic vinegar.</p> <p>TEX MEX TURKEY SOUP</p> <p>Mexican inspired soup with shredded turkey breast, black beans, chopped tomato, yellow corn, garlic, onions, fresh herbs, low fat cream, and cheddar cheese.</p>	<p>KCAL BEEF SHAWARMA PLATTER</p> <p>Shredded beef, marinated in a blend of yoghurt, onions, Arabic spices, grilled to perfection and served with sweet gherkins, fresh red onion rings and yoghurt tahini sauce.</p> <p>FATTOUSH SALAD</p> <p>Mixed lettuce, tomatoes, cucumber, green capsicum, parsley and toasted Arabic bread, sprinkled with Sumac and chopped mint leaves, with garlic lemon dressing.</p>	<p>SATAY CHICKEN SALAD</p> <p>Satay Style chicken served with glass noodles, crispy cabbage, shredded carrot, cucumber and capsicum topped with roasted peanuts and a soy sesame dressing.</p> <p>CARROT, CORIANDER AND CHICKEN SOUP</p> <p>A light soup with shredded chicken, carrots, leeks and coriander.</p>
PM SNACK	<p>WALNUT APPLE-BANANA SOFT COOKIE</p> <p>Chewy cinnamon cookies made of apples, bananas, coconut milk, shredded coconut and walnuts.</p>	<p>POWER UP PEANUT BAR</p> <p>Peanut butter bar made with honey, coconut and almond flour, covered in dark chocolate.</p>	<p>BAKED CHOCOLATE CHEESECAKE</p> <p>Cocoa tapioca almond crust, topped with a soft layer of cream cheese and whole eggs</p>	<p>PEANUT BUTTER & JELLY BITES</p> <p>Protein bites made with peanut butter, strawberry puree, strawberry protein, almond powder.</p>	<p>RED VELVET CAKE</p> <p>Soft Chocolate cake topped with vanilla cream cheese frosting.</p>
DINNER	<p>BEEF STEAK WITH PUM-POT MASH</p> <p>Tender beef steak simmered with rosemary and thyme tomato gravy, served along side pumpkin and potato mashes.</p> <p>LEAFY SIDE</p>	<p>TURKEY MUSHROOM SKILLET</p> <p>Creamy mixed mushrooms and turkey breast dish, with cherry tomatoes and chopped parsley.</p> <p>BAKED VEGETABLE VINAIGRETTE</p>	<p>SESAME SALMON WITH MANGO SALSA</p> <p>Salmon rolled in black and white sesame seeds, served with steamed asparagus and mango salsa.</p> <p>PARSLEY LEMON CARROTS</p>	<p>SHAHI KABAB WITH LEMON RICE</p> <p>Chicken mince kabab with spiced brown lemon rice.</p> <p>GRILLED EGGPLANT WITH VINAIGRETTE</p>	<p>MEXICAN BRAISED BEEF</p> <p>Braised beef tenderloin spiced with anchito paste, served with roasted white potato.</p> <p>ALMOND BROCCOLI</p>