



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.

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<p>BLUEBERRY ALMOND MUFFIN WITH FRESH FRUITS</p> <p>Gluten free muffins made with almond flour, blueberries, whole eggs, coconut oil, a dash of coconut sugar, lemon juice and zest, served with fresh fruit.</p>	<p>BREAKFAST FRITTATA BOWL</p> <p>Mini egg, cheese and capsicum frittata, with roast sweet potato, sautéed spinach and cherry tomato halves.</p>	<p>CHERRY CHIA WITH BLUEBERRIES AND CHOCOLATE</p> <p>Chia seed pudding made with almond milk and cherry, topped with blueberries and dark chocolate shavings.</p>	<p>CHICKPEA PANCAKE WITH SPICY TOMATO CHUTNEY</p> <p>Savory, chickpea pancake made with spinach, tofu, onion and coriander. Served with spicy tomato chutney.</p>	<p>OATS PUDDING WITH STRAWBERRY & ROASTED HAZELNUTS</p> <p>Oats made with strawberries and almond milk, topped with roasted hazelnuts, grated dark chocolate and chia seeds.</p>
AM SNACK	<p>RASPBERRY LABNEH WITH ALMOND BREAD STICKS</p> <p>Soft almond flour and parmesan bread sticks served with a tangy raspberry dip.</p>	<p>CAJUN EGGPLANT NUGGETS</p> <p>Chunks of eggplant coated in almond and cajun spices served with homemade spicy sauce for dipping.</p>	<p>BEAN DIP WITH CRUDITES</p> <p>White bean, red kidney bean, red onion, garlic, cumin and bay leaf dip served with carrot & cucumber sticks.</p>	<p>MUSHROOM AND ZUCCHINI PIZZA</p> <p>Gluten-free zucchini, carrot and pamesan pizza crust topped with homemade tomato sauce, sliced mushrooms and mozzarella.</p>	<p>ALMONDS</p> <p>A mix of smoked, lemon and plain almonds.</p>
LUNCH	<p>STRAWBERRY HALLOUMI SALAD</p> <p>Mixed lettuce, baby spinach, fresh strawberries, roasted beetroot and grilled halloumi strips, served with a balsamic dressing. Garnished with roasted pistachio.</p>	<p>MUSHROOM & WALNUT PESTO PENNE</p> <p>Whole wheat penne pasta coated in walnut, spinach pesto with mushrooms and red and yellow sliced capsicum. Topped with grated parmesan cheese and chopped walnuts.</p>	<p>GREEK POWER BOWL</p> <p>Mixed olives, yellow and red cherry tomatoes, capsicum, cucumber chunks, roasted chick peas, Tabbouleh and tzatziki dressing.</p>	<p>CHICKPEA CHILAQUILES</p> <p>Spicy tomato, carrot and chickpea chutney served with pita crisps and homemade guacamole.</p>	<p>LENTIL SOUP</p> <p>A haira style lentil soup with tomatoes, onions, garlic and herbs.</p>
PM SNACK	<p>SALTED TAHINI CARAMEL BAR</p> <p>Layered bar with tahini caramel filling, topped with dark chocolate and chopped pistachios.</p>	<p>WATERMELON</p> <p>Fresh watermelon cubes.</p>	<p>CHOCO PB BLONDIE</p> <p>Soft peanut butter almond cake mixed with chocolate chips and chocolate drizzle.</p>	<p>ORANGE SLICES</p> <p>Freshly sliced orange segments.</p>	<p>BLUEBERRY ALMOND COOKIES</p> <p>Soft Cookies made of ground almonds, whole egg, blueberries, and coconut sugar and lemon zest.</p>
DINNER	<p>THAI CURRY WITH CARROT & SPINACH</p> <p>Thai curry with carrots, baby spinach and onion, crushed peanut and coriander, topped with fresh chives.</p> <p>VERMICELLI & RICE PILAF</p> <p>White rice, diced capsicum, parsley and vermicelli pilaf.</p>	<p>CAULIFLOWER SHAWARMA BOWL</p> <p>Arabic spiced, roast cauliflower florets, topped with pomegranate seeds, pine nuts, sliced almonds and chopped parsley. Served with yoghurt tahini sauce.</p> <p>BAKED VEGETABLE VINAIGRETTE</p> <p>Baked capsicum, carrot, eggplant, and zucchini with rosemary and apple cider vinegar.</p>	<p>PUMPKIN QUINOA CHILLI</p> <p>Chunky chilli made with pumpkin, tomato, kale, black beans and red kidney beans. Served with homemade guacamole.</p> <p>CAULIFLOWER RICE</p> <p>Finely chopped cauliflower with olive oil, salt, pepper, lemon zest and fresh parsley.</p>	<p>HAWAIIAN BBQ TOFU BOWL</p> <p>Bowl with BBQ tofu cubes, grilled pineapple cubes, brown rice, roasted broccoli and red onion, with BBQ sauce for dipping.</p> <p>KALE & ORANGE SIDE SALAD</p> <p>Side salad of kale, baby spinach, yellow and red capsicum, orange segments and sliced onion. Topped with roasted sliced almonds and goat cheese with grapefruit vinaigrette.</p>	<p>ROAST BEETS WITH CREAMY ROMESCO</p> <p>Roast beetroot, with romesco made with chickpeas, tomato, capsicum and garlic; topped with roast leeks and a side of mixed wild and brown rice.</p> <p>MIXED GREENS SIDE</p> <p>Mixed greens, tomatoes, cucumber with lemon vinaigrette dressing.</p>