



Wellness Plan [1600-1800 Calories per day] A TYPICAL WEEK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	<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>POTATO AND MUSHROOM FRITTATA</p> <p>Frittata made with whole eggs, chopped red onion, mushroom, potato, parsley and cheddar cheese.</p>	<p>SCRAMBLED EGGS WITH SAUTÉED KALE</p> <p>Scrambled eggs, with turkey bacon, sauteed kale, roasted sweet potato and mushrooms.</p> <p>OATS PUDDING WITH BLUEBERRY & ROASTED PECANS</p> <p>Oats made with blueberries and almond milk, topped with roasted pecans, raisin and cinnamon.</p>	<p>BACON & TOMATO QUICHE</p> <p>Crustless quiche made with grated zucchini, cauliflower, spinach, whole eggs, diced bacon, coconut and almond flour. Topped with sliced tomatoes and mozzarella cheese.</p> <p>FRESH FRUIT WITH HONEY YOGHURT</p> <p>Strawberry, kiwi, rock melon served with low fat yoghurt mixed with honey.</p>	<p>KCAL RASPBERRY PANCAKE</p> <p>High protein pancakes made with almond flour, raspberry puree, coconut, skim milk, egg white, cinnamon, and vanilla whey protein powder. Served with vanilla yoghurt topping.</p> <p>BIG ENGLISH BREAKFAST</p> <p>Omelette with turkey bacon, baked sweet potato, sautéed mushrooms, grilled tomato and baked white beans.</p>	<p>SHAKSHOUKA</p> <p>Eggs baked in a traditional tomato sauce made with minced turkey, chopped red capsicum, Arabic spice, red chili pepper, onion, garlic and coriander.</p> <p>APPLE RAISIN CINNAMON MUFFIN</p> <p>Apple cinnamon muffin made with almond flour, almond slices, raisins, honey and vanilla.</p>
AM SNACK	<p>CORIANDER LABNEH DIP WITH GF ALMOND STICKS</p> <p>Coriander Labneh Dip served with GF Almond Sticks made with almond powder, parmesan cheese, cheddar cheese and whole eggs.</p> <p>TURKEY BACON AND CHICKEN ROLL</p> <p>Grilled Turkey bacon strips stuffed with chicken breast, asparagus and melted cheddar cheese.</p>	<p>WATERMELON</p> <p>Fresh watermelon cubes.</p> <p>BEEF MINI PIZZA</p> <p>Zucchini and carrot crust topped with marinated beef, red capsicum, sliced mushrooms, spring onions, olives and mozzarella cheese.</p>	<p>CHIPOTLE CHICKEN BITES</p> <p>Mince chicken, red onion, fresh cilantro, chipotle chili paste, garlic and cheddar cheese rolled into bites. Served with coriander labneh dip.</p> <p>FRUIT MIX</p> <p>Freshly chopped strawberry, kiwi and watermelon.</p>	<p>MIX NUT 25G</p> <p>A mix of walnuts and smoked, lemon and plain almonds.</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>CHICKEN AND SPINACH PIZZA</p> <p>Gluten-free cauliflower and parmesan pizza crust topped with homemade tomato sauce, shawarma chicken, sauteed spinach and mozzarella cheese.</p> <p>ORANGE SLICES</p> <p>Freshly sliced orange segments.</p>
LUNCH	<p>BAKED TONKATSU</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>CHOPPED KALE, MANGO AND QUINOA SALAD</p> <p>Fresh salad with chopped kale, romaine, mango, jalapenos and avocado with sliced capsicum, black beans and quinoa, served with coriander and sunflower seed dressing.</p>	<p>CHIMICHURRI CHICKEN SALAD</p> <p>Chimichurri marinated chicken breast on top of mixed greens, with sliced red capsicum, tomato and pomegranate seeds with grilled pineapple and orange vinaigrette dressing.</p> <p>CARROT, CORIANDER AND CHICKEN SOUP</p> <p>A light soup with shredded chicken, carrots, leeks and coriander.</p>	<p>MAPLE ROAST CHICKEN WITH PUMPKIN MASH</p> <p>Maple roast chicken breast, green beans with roast almond flakes and pumpkin cauliflower mash.</p> <p>SPICY MANGO, BLACK BEAN & QUINOA SALAD</p> <p>Fresh salad with chopped kale, romaine, mango, jalapenos and avocado with sliced capsicum, black beans and quinoa, served with coriander and sunflower seed dressing.</p>	<p>PICADILLO BEEF WITH GUAJILLO SALSA</p> <p>Mexican spiced minced beef cooked in a smoky guajillo chili and tomato sauce.</p> <p>KCAL TEAM SALAD</p> <p>Fresh broccoli, roasted asparagus, avocados, quinoa, baby spinach, roasted pumpkin seeds, flax seeds, walnuts, sweet potato, grapes, pomegranate seeds, cherry tomatoes, red capsicum, goat cheese with sweet blueberry dressing.</p>	<p>CHICKEN MUSHROOM POT</p> <p>Cubed chicken breast, carrots, mushrooms, edamame, sweet corn and spring onions, in a creamy white sauce.</p> <p>PUMPKIN SOUP</p> <p>Pumpkin soup made with carrot, celery, leeks, red capsicum, chopped chives, thyme and garlic.</p>

Menu continues on the next page >>>



Wellness Plan [1600-1800 Calories per day] A TYPICAL WEEK

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

P.M. SNACK	<p>RADIANCE FRUIT SALAD</p> <p>Fresh fruit salad with chopped honey melon, kiwi and pomegranate seeds.</p>	<p>LEMON BLUEBERRY BAR</p> <p>Almond, coconut, oats, vanilla protein powder base, topped with creamy lemon and blueberry topping.</p>	<p>CHOCOLATE CINNAMON PRUNE TRUFFLE</p> <p>Truffles made with chopped pecans, almonds, prunes, coconut, cocoa, vanilla, cinnamon and sesame seeds.</p>	<p>DARK CHOCOLATE MOUSSE</p> <p>Dark chocolate mousse made with egg whites, whipping cream and raspberries.</p>	<p>POWER UP PEANUT BAR</p> <p>Peanut butter bar made with honey, coconut and almond flour, covered in dark chocolate.</p>
	DINNER	<p>PASTA-FREE LASAGNE</p> <p>Lean minced beef layered with eggplant and homemade tomato sauce, crusted with parmesan cheese.</p> <p>ROCCA SIDE SALAD</p> <p>Rocca leaves, sliced tomato, spring onion, fresh mint and sumac with a lemon vinaigrette.</p> <p>RASPBERRY PB CAKE</p> <p>Gluten-free cake made with almond powder, whole eggs, coconut sugar, coconut oil, peanut butter and raspberries.</p>	<p>CUMIN CRUSTED TILAPIA WITH KALE AND ROASTED VEGGIES</p> <p>Tilapia fillet dipped in crushed cumin seeds, served on a bed of steamed kale, with rosemary seasoned roasted capsicum, fennel, eggplant, cherry tomatoes and a homemade tangy sauce.</p> <p>GRILLED EGGPLANT WITH VINAIGRETTE</p> <p>Oven grilled eggplant cubes, feta cheese, fresh mint and coriander leaves with chili garlic lemon dressing.</p> <p>CAULIFLOWER POTATO MASH</p> <p>A creamy blend of white potatoes, cauliflower and spring onions.</p>	<p>SESAME CRUSTED SHRIMP WITH MANGO SALSA</p> <p>Sesame coated shrimp on top of asian veggie noodles and mixed quinoa with mango salsa.</p> <p>TABBOULEH WITH FETA CHEESE</p> <p>Tabbouleh made with fresh chopped mint, tomatoes, cucumber, onion, parsley, grapes, pomegranate seeds, feta cheese, quinoa, green capsicum, radish and a lemon vinaigrette.</p> <p>RED VELVET CAKE</p> <p>Soft Chocolate cake topped with vanilla cream cheese frosting.</p>	<p>SRIRACHA ALMOND CRUSTED SALMON</p> <p>Sriracha marinated salmon filet coated in powdered almonds and served with sautéed kale and capsicum with creamy sriracha sauce.</p> <p>GREEK SIDE SALAD</p> <p>Leaveless Greek salad with chunks of tomato, capsicum, cucumber, onion, feta and Kalamata olives with lemon vinegrette.</p> <p>SWEET BAKED POTATO</p> <p>Baked sweet potato cubes with olive oil, salt and pepper.</p>

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.