

Breakfast -
2 egg omelette
Fruit - orange, raspberries

Snack -
Iced latte with oat milk
2 squares of Prana Dark Mint Chocolate

Lunch -
3 x brown rice cakes with butter, avo, tomato, salt/pepper, sprinkle of Parmesan cheese

Snack-
Handful of nuts/seeds
Handful of cheese rice crackers

Dinner-
Indian restaurant- paneer cheese, chicken tandoori, Dahl, rice and poppodums

2 x squares of dark chocolate

DAY 2

Breakfast-
2 x rice cakes with butter, Vegemite and sprinkle of cheese
1 cut up orange with some mango

Snack
Iced coffee with oat milk
Half pack of cheese Peckish

Lunch-
Dip, veggie cracker, fruit share plate

Snack-
Handful seeds and nuts

Dinner-
Chicken, veggie tomato based pasta

DAY 3

Breakfast-
2 x rice cakes with butter, avocado, tomato, sprinkle Parmesan cheese
1 x orange

Snack-
Iced latte with oat milk

Lunch-
1 x small prawn/avocado nori roll
1 x prawn and greens rice paper roll

Dinner-
3 x BBQ French Lamb chops, air fryer roast mini potatoes, corn on cob, steamed carrots and broccoli

Snack-
3 x squares of dark chocolate