

WEEKLY MEAL PLANNER

WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ON RISING	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink	Lemon Water or Healthy Detox Drink
BREAKFAST	Green Smoothie	Chicken & Veggie Muffins	Spicy Mince w Fried Egg	Berry Bliss Smootie	Raspberry Chia Pot	Green Smoothie	Scrambled Eggs w Pan Fried Mushroom
LUNCH	Chicken Meatballs	Braised Lamb Shanks	Turkey & Turmeric Soup	Chicken & Veggie Muffins	Green Detox Salad w Tuna	Turkey & Turmeric Soup	Meat Stock Drink
SNACK	Chia & Macadamia Nut Pudding	Veggie Sticks w Beetroot Hommus	Apple Crumble w Macadamias	Meat Stock Drink	Veggie Sticks w Beetroot Hommus	Raspberry Chia Pot	Apple Crumble w Macadamias
DINNER	Braised Lamb Shanks	Turkey & Turmeric Soup	Honey & Ginger Chicken	Grilled Rump Steak	Osso Bucco w Mushrooms	Salmon Parcels	Lamb Chops

