

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	1 poached eggs + 1 slices grain toast + 1 glass tomato/vegetable juice	1 slice wholegrain toast + 130g tin baked beans + 2 kiwi fruit	1/3 cup oats + 1 cup low fat milk + 2 kiwi fruit/mixed berries	1 poached eggs + 1 slices grain toast + 1 glass tomato/vegetable juice	1 slice wholegrain toast + 130g tin baked beans + 2 kiwi fruit	1/3 cup oats + 1 cup low fat milk + 2 kiwi fruit/mixed berries	2 poached eggs + 2 slices Tip Top 9 grain
<b>Morning Tea</b>	1 piece of fruit	100g low fat yogurt + berries	1 piece of fruit	100g low fat yogurt + berries	1 piece of fruit	100g low fat yogurt + berries	1 piece of fruit -
<b>Lunch</b>	100g tin tuna/salmon + 130g tin mixed beans + mixed salad + 1 teaspoon olive oil dressing	100g grilled chicken breast + 1 slice flat bread+ mixed salad + 1 teaspoon olive oil dressing	½ cup brown rice + tin tuna mixed with red capsicum and sweet chili sauce	100g tin tuna/salmon + 130g tin mixed beans + mixed salad + 1 teaspoon olive oil dressing	100g grilled chicken breast + 1 slice flat bread+ mixed salad	Jacket potato topped with red salmon + 1/3 cup cottage cheese + tomato	100g lean beef strips + 2 Flat bread wraps + salad
<b>Afternoon Tea</b>	10 walnuts	15 almonds + 1 apple	2 corn thins + thin spread peanut butter	1 fruit (not banana)	2 corn thins + thin spread avocado	15 almonds	10 walnuts -
<b>Dinner</b>	150g piece grilled fish + Vegetables stir fried in 1 tsp olive oil	150g lean steak fillet + salad	150g grilled chicken + salad	200g piece grilled fish + Vegetables stir fried in 1 tsp olive oil	150g lean lamb + vegetables	Small (150g) tuna fillet with Asian vegetables	Vegetable soup + 150g grilled Atlantic salmon