



# WEEKLY PLANNER

## MONDAY

### BREKKIE:

Gluten free oats, fresh berries & almond milk

### LUNCH:

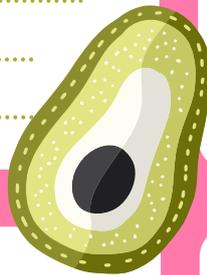
Caprese Chicken Salad (see recipes), and lean bacon

### DINNER:

Chilli & wholegrain rice (see recipes)

### ACTIVITY:

Early Bird live class



## TUESDAY

### BREKKIE:

Strawberry & banana smoothie (see recipes)

### LUNCH:

Butternut Squash Soup (see recipes)

### DINNER:

Chicken skewers (see recipes) & sweet potato wedges

### ACTIVITY:

Early Bird live class

## WEDNESDAY

### BREKKIE:

Spinach & orange smoothie (see recipes)

### LUNCH:

Tandoori Chicken Salad (see recipes)

### DINNER:

Greek Roast Fish (see recipes) & sweet potato wedges

### ACTIVITY:

Long dog walk



## THURSDAY

### BREKKIE:

Gluten free oats, fresh berries & almond milk

### LUNCH:

Omlette, mushroom, peppers, onion 2 eggs plus 1 white

### DINNER:

Chinese Stir Fry (see recipes) with wholegrain rice

### ACTIVITY:

Power Pilates F2F class



## FRIDAY

### BREKKIE:

Breakfast hash (see recipes)

### LUNCH:

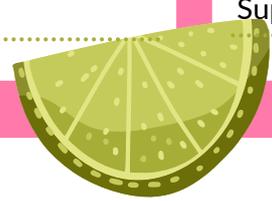
Butternut Squash Soup (see recipes)

### DINNER:

Sweet Potato Tortilla (see recipes)

### ACTIVITY:

Long dog walk



## SATURDAY

### BREKKIE:

Banana pancakes (see recipes)

### LUNCH:

Salmon Frittata (see recipes)

### DINNER:

Lentil & Sweet Potato Curry & wholegrain rice (see recipes)

### ACTIVITY:

Superwoman Saturday live class



## SUNDAY

### BREKKIE:

Brunch, lean bacon, mushrooms, egg, tomatoes, spinach

### LUNCH:

Berry blitz smoothie (see recipes)

### DINNER:

Steak, New Potatoes & Peas (see recipes)

### ACTIVITY:

Long dog walk



## SELFCARE GOAL THIS WEEK:

Kitchen closes at 9pm, phone off 9pm, bed no later than 10.30pm.

## ACTIVITY GOAL THIS WEEK:

Get active EVERY DAY!

## DAILY WATER TARGET IS:

2L min plus green and peppermint tea

***SNACKS! If hungry, fruit, nuts, crudites and hummus don't go hungry!!***

