



**SAMPLE  
WEEK**  
PERSONALISED MACROS  
NUTRITIONIST CURATED

## MONDAY MEAL CHOICES



**Breakfast 1**  
Carrot cake baked oatmeal,  
protein vanilla yoghurt.

**Breakfast 2**  
Pepperoni pizza frittata

**Lunch 1**  
Teriyaki salmon, brown rice, stir  
fry pak choi

**Lunch 2**  
Cheeseburger wrap

**Lunch 3**  
Baked halloumi, garlic cilantro  
potatoes.

**Dinner 1**  
Thai green curry, jasmine rice

**Dinner 2**  
Beef quinoa bolognese

**Dinner 3**  
Cauliflower falafels, quinoa  
tzatziki

## TUESDAY MEAL CHOICES

**Breakfast 1**  
Organic acai granola bowl, berries, banana,  
peanut butter, goji.

**Breakfast 2**  
Greek feta baked omelette

**Lunch 1**  
Baked salmon sushi cups, bang bang sauce



**Lunch 2**  
Cacao beef chilli, butternut squash, kale

**Lunch 3**  
Pesto chicken wrap

**Dinner 1**  
Saucy salisbury steak, garlic mash

**Dinner 2**  
Waldorf chicken salad, quinoa

**Dinner 3**  
Chutney fish, turmeric spiced rice

## WEDNESDAY MEAL CHOICES

### Breakfast 1

Passion fruit granola, vanilla protein greek yogurt, berries

### Breakfast 2

Turkey ham & cheese egg cups, chimichurri sauce

### Lunch 1

Japanese gyoza pan seared dumplings, edamame

### Lunch 2

Honey mustard smoked salmon bagel

### Lunch 3

Tuna, corn, dill pickle salad, brown bread

### Dinner 1

Spanish meatballs, zucchini and quinoa

### Dinner 2

Chumichurri steak, baked sweet potatoes

### Dinner 3

Satay curry, black rice, stir fried veggies



## THURSDAY MEAL CHOICES

### Breakfast 1

Dark chocolate granola, vanilla protein greek yogurt, pomegranate arils

### Breakfast 2

Spiced shakshooka, greek feta

### Lunch 1

Pesto turkey wrap

### Lunch 2

Indonesian fish, soy sesame cauliflower rice



### Lunch 3

Ricotta spinach ravioli, sundried tomato pesto cream sauce.

### Dinner 1

Sun dried tomato chicken salad, whole wheat pasta

### Dinner 2

Avocado, greek feta, protein bagel, basil, rocket

### Dinner 3

Slow cooked chinese beef curry, rice, pak choi

## FRIDAY MEAL CHOICES

### Breakfast 1

Beef, egg, ricotta burrito

### Breakfast 2

Protein oats dark chocolate & strawberries

### Lunch 1

Prawn poke bowl

### Lunch 2

Wild rice, sweet potato feta salad

### Lunch 3

Smoked salmon wrap, dill, cream cheese

### Dinner 1

Sriracha prawn bowl

### Dinner 2

Beef lasagne

### Dinner 3

Parmesan basil salmon, Italian rocket salad

