

# MEAL PLAN

To make meal prep easy, we have given 1-2 options for breakfast, lunch, dinner and snacks each week.

Feel free to mix and match as you prefer, or keep it even more simple and eat the same meal everyday.

Vegetarians can sub out meat and seafood for beans of tofu.

Want more? Chat to club staff about finding the perfect Personal Trainer for you and your goals.

Our PTs will be able to provide you a personalised workout plan with a wider variety of exercises and techniques.

	BREAKFAST	LUNCH	DINNER	SNACK
WEEK 1	PEANUT BUTTER AND SULTANA PORRIDGE	ROASTED CAULIFLOWER SUPERFOOD SALAD WITH PECAN AND PEAR	HEALTHY ONE PAN MEDITERRANEAN BAKED CHICKEN	PEANUT BUTTER PROTEIN BALL RECIPE
	EGGS BENEDICT WITH SWEET POTATO TOAST	BAKED MISO SALMON BOWL		EASY VEGAN BEETROOT AND WHITE BEAN DIP RECIPE
WEEK 2	HEALTHY SMOOTHIE RECIPES	LOW CARB CHINESE PORK CUPS	SMOKEY BBQ PRAWNS WITH MANGO SALSA RECIPE	PROTEIN COOKIE RECIPE
	ROASTED PUMPKIN AND QUINOA PATTIES	ROAST VEGETABLE AND HALOUMI SALAD		HIGH FIBRE GREEN SEED BARS
WEEK 3	PUMPKIN AND FETA BREAKFAST FRITTATA	LOW CALORIE THAI BEEF SALAD	HEALTHY VEGETARIAN PARMIGIANA	BEETROOT BLISS BALLS
	QUICK AND EASY OVERNIGHT OATS RECIPE	SPICY LAMB SALAD WITH MAPLE DRESSING		EASY VEGAN BEETROOT AND WHITE BEAN DIP RECIPE
WEEK 4	PUFFED AMARANTH AND MACADAMIA GRANOLA	POACHED CHICKEN, SHITAKE AND SOBA NOODLE SOUP	MIDDLE EASTERN STUFFED CAPSICUMS	EASY VEGAN BEETROOT AND WHITE BEAN DIP RECIPE
	ZUCCHINI AND CORN FRITTERS RECIPE	ROASTED BRUSSEL SPROUT AND CHICKEN SALAD		YUMMY STRAWBERRY AND MINT FROYO
WEEK 5	SMOOTHIE BOWL	ASIAN INSPIRED CHICKEN AND QUINOA SALAD	HEALTHY FISH CURRY WITH CAULIFLOWER RICE RECIPE	CHERRY RIPE BLISS BALLS
	PUMPKIN AND FETA BREAKFAST FRITTATA	HOT-SMOKED OCEAN TROUT AND BARLEY SALAD		HIGH FIBRE GREEN SEED BARS
WEEK 6	BANANA AND CHIA PALEO PANCAKES	HEALTHY WHITE BEAN AND VEGETABLE SOUP	BAKED SALMON WITH CITRUS, FENNEL AND CAPERS	FIG AND APRICOT BLISS BALLS
	EGGS BENEDICT WITH SWEET POTATO TOAST	NASI GORENG WITH QUINOA RECIPE		EASY VEGAN BEETROOT AND WHITE BEAN DIP RECIPE