

# Every Day Gourmet Healthy Balance

## 5 Day Breakfast, Lunch, Dinner and Snacks



	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Fresh Seasonal Fruit Salad with Greek Yoghurt and Pepitas	Scrambled Eggs, served with a Side of Mixed Greens & Crunchy Seeds	Smoked Salmon, Spinach & Caper Omelette	Zucchini & Carrot Fritters with Baby Spinach	Quinoa, Psyllium, Chia & Apple Bircher Muesli, served with Coconut Yoghurt
Lunch	Roast Beef, Salad & Semidried Tomato Wrap	Salmon & Sweet Potato Fish Cakes served with Fresh Garden Salad and Aioli	Clean Green Chicken and Legume Salad	Grilled Lamb, Brown Rice Salad and Tzatziki	Chicken Breast & Cashew nut Pesto served with Steamed Vegetables
Dinner	Zucchini Pasta & Bolognese Sauce with Parmesan	Local Snapper, Mediterranean Salsa & Baby Chat Potato	Quinoa Crusted Chicken Breast, Pumpkin & Vegetables	Meat Loaf & Mustard, Served with Light Mash Potato & Steamed Greens	King Prawn, Semidried Tomato & Asparagus Quinoa Risotto.
Snack 1	Brown Rice Crackers & Olive Tapenade	Coconut Protein Balls	Handful of Mixed Nuts	Creamy Yoghurt	Crudite's and Handmade Dip
Snack 2	Fresh Apple	Handful of Mixed Nuts	Creamy Honey Yoghurt	Fresh Mandarin	Coconut Protein Balls