

Paleo (Gluten & Dairy free) - 7 Day Plan

Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Black Forrest Fruit Salad & Coconut Yoghurt	Turkey Breast & Vegetable Frittata	Buckwheat Pancakes, Poached Pear & Coconut Yoghurt	Tomato & Spring Onion Omelette with Spinach	Super-food Muesli & Almond Milk	Quinoa Muesli, Apple & Coconut Yoghurt	Paleo Muesli, Goji Berry & Almond Milk
Lunch	Vietnamese Chicken Rice Paper Rolls & Satay Sauce	DF Lemon Chicken & Almond Salad	Thai Beef & Kelp Noodle Salad	Marinated Lamb, Quinoa Tabouli & Baba Ganoush	Apricot Chicken & Chia with Brown Rice	Italian White Bean Casserole & Brown Rice	Smokey Sweet Potato and Black Beans
Dinner	Ginger & Soy Atlantic Salmon with Asian Vegetables	Moroccan Lamb Rump & Roast Vegetable Salad	Herb Crusted Chicken Breast, Pumpkin & Vegetables	Beef Rendang Curry & Vegetables	Lamb & Tomato Ragout with Sweet Potato	Roast Vegetable Crumble	Lamb Korma with Cauliflower Rice

Snacks

1 x Fresh Seasonal Fruit
 1 x Fresh Fruit Salad
 2 x Baba Ganoush & Brown Rice Crackers
 2 x Tomato & Tuna Dip with Vegetable Sticks
 1 x Sweet Potato Chocolate Brownie
 1 x Raw Cacao, Chia Seed & Blueberry Pudding
 2 x Cacao Energy Balls
 2 x Roast Mixed Nuts

Instructions

1. Please place all meals with the blue tab into the freezer -18°C
2. Food must be placed into a refrigerator below 5°C or Freezer
3. within 4-6 hours of receiving delivery.
4. For best results defrost meals in the refrigerator the day before use
5. If you wish to heat meals in the oven please remove from the packaging first
6. Please leave esky & ice packs out for collection on the same day, next delivery.



Paleo (Gluten & Dairy free) - 5 Day Plan

Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Fresh Fruit Salad, Pepitas & Coconut Yoghurt	Pesto Mushrooms, Spinach, Roast Tomato & Pumpkin	Sweet Potato Hash Cakes, Spinach & Tomato Chutney	Quinoa Muesli, Apple & Coconut Yoghurt	Paleo Muesli, Cranberry & Almond Milk
Lunch	GF Free Range Curry Egg & Lettuce Wrap	Thai Fish Cakes & Asian Noodle Salad	Grilled Rump Steak & Semi Dried Tomato Salad	Coconut Pumpkin Soup & GF Croutons	Mixed Pea & Leek Quisotto
Dinner	DF Macadamia Barramundi, Sweet Potato Puree & Greens	Balsamic Roast Chicken Breast & Vegetables	DF Lamb & Pine Nut Rissoles, Beetroot Relish & Mash	Beef & Vegetable Casserole with Baby Potatoes & Beans	DF Braised Lamb Shank, Peas, Beans & Sweet Potato Mash

Snacks

- 1 x Fresh Seasonal Fruit
- 1 x Hummus & Brown Rice Crackers
- 1 x Olive Tapenade & Vegetable Sticks
- 1 x Hazelnut & Chia Bliss Balls
- 1 x Organic Raw Mixed Nuts
- 1 x Carrot Friand with Cashew Frosting
- 1 x Fresh Fruit Salad
- 1 x Coconut Yoghurt

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