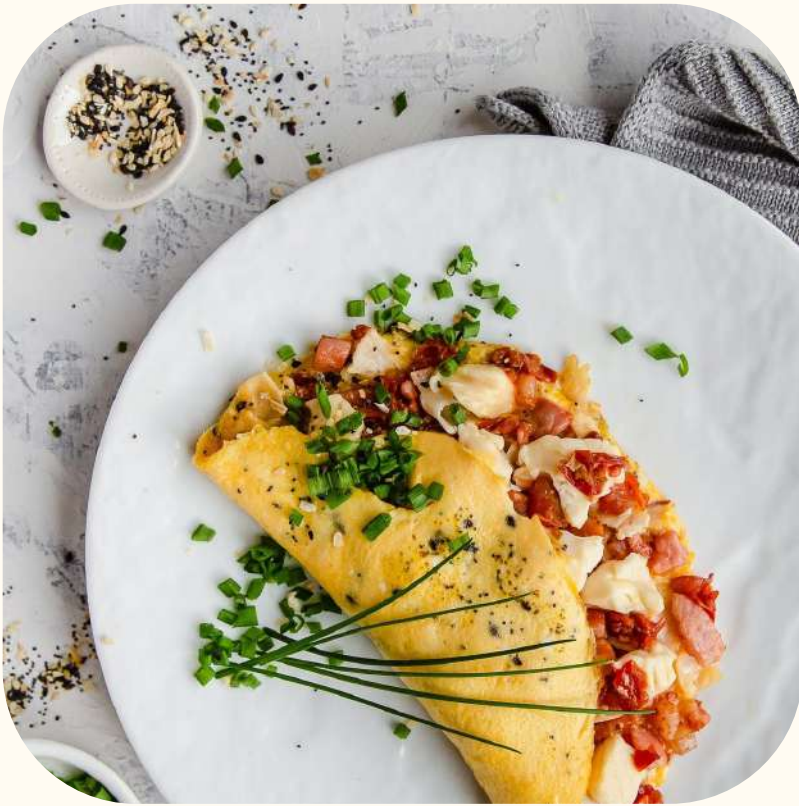


BREAKFAST

DAY 1



Everything But The Bagel Omelette

DAY 2



Poached Eggs With Mushrooms And Spinach

DAY 3



Macha Strawberry Chia Pudding

DAY 4



Inside Out Burrito

DAY 5



Breakfast Quiche With Sweet Potato Hash Brown Crust

LUNCH



Mediterranean Falafel Salad With Tzatziki Sauce



Veg Singapore Noodles



Pesto Lentils



Veg Cabbage Rolls



Chickpea Gyro Bowl

LUNCH SIDE



Garlic Breadsticks



Low Carb Parsnip Fries



Pizza Chips



Brown Rice



Mexican Corn Salad (Esquites)

DINNER



Vegetarian Three Cheese Quiche, Stuffed Peppers



Low Carb Mushroom Stroganoff



Spicy Zucchini & Sun Dried Tomato Pizza



Open Faced Vegetarian Burger



Easy Low Carb Mushroom Palak Paneer

DINNER SIDE



Baked Potato Wedges



Yoghurt Flatbread



Balanced Mozzarella Sticks



Keto Onion Rings



Low Carb Garlic Naan

DESSERT



Lemon Cheesecake



Tiramisu



Baked Apples With Cinnamon



Mixed Fruit Cup



Mixed Berry Low Carb Cake