

3 Day Sample Meal Plan

	Day 1	Day 2	Day 3
Breakfast	Veggie Omelette	Protein Smoothie	Quinoa Porridge
Lunch	Salmon Salad	Steak Salad	Grilled Fish Salad
Dinner	Steak + Roast Veg + Rocket salad	Grilled Fish + Quinoa Salad	Chicken Stir Fry
Snacks	1 apple + tablespoon nut butter Choc-Berry Smoothie	Veggie Sticks with Hummus Seed Crackers + 1/2 Avo	Green Smoothie or Fresh Veggie Juice 2 Protein Balls