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| Food | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning | Scrambled Eggs with cheese  (portion size: Small paper box French corner) | Scrambled Eggs with cheese | Scrambled Eggs with cheese | Scrambled Eggs with cheese | Scrambled Eggs with cheese | Scrambled Eggs with broccoli  2 slices of bread with vegemite spread  Salad with fruits and nuts | Scrambled eggs with pork sausage  Peas  2 slices of bread with vegemite spread  Salad with fruits and nuts |
| Lunch | Nuts (approx. 270 calories) | Nuts, yoghurt, | Nuts (approx. 270 calories) | Nuts (approx. 270 calories) | Nuts (approx. 270 calories) | - | - |
| Snacks | - | edamame beans | yoghurt | yoghurt | yoghurt | - | - |
| Dinner | Lentils and farro  Tofu  salad | Garbanzo beans with spinach  Chicken  salad | Beans  Minced beef  A small portion of cheese | Leftover from beans minced beef sausage  Salad | Fish curry  Naan  Salad  Shared dessert | Brown rice lamb  Salad  Roasted Brussel sprouts and mushrooms | Farro with beans and salad |