WEEK ONE

01

MONDAY 01

BREAKFAST:
STRAWBERRY BANANA SMOOTHIE

LUNCH:
CARROT & WHITE BAIT PORRIDGE

DINNER:
SPANISH TOMATO GAZPACHO

TUESDAY 02

BREAKFAST:
MANGO AVOCADO SMOOTHIE

LUNCH:
CREAMY POTATO SOUP

DINNER:
BASIC ASIAN PORRIDGE

WEDNESDAY 03

BREAKFAST:
BANANA & HONEYOAT SMOOTHIE

LUNCH:
TOFU & EGG YOLK PORRIDGE

DINNER:
MASHED SWEET POTATO

THURSDAY 04

BREAKFAST:
PINEAPPLE CARROT SMOOTHIE

LUNCH:
SOFT SCRAMBLED EGGS

DINNER:
VEGEMITE PORRIDGE

FRIDAY 05

BREAKFAST:
CHOCOLATE PROTEIN SMOOTHIE

LUNCH:
CHINESE YAM PORRIDGE

DINNER:
CAULIFLOWER MASHED POTATO

SATURDAY 06

BREAKFAST:
RASPBERRY PEANUT BUTTER SMOOTHIE

LUNCH:
CREAMY WHITE BEAN DIP

DINNER:
LILY BULB & GOJI BERRY PORRIDGE

SUNDAY 07

BREAKFAST:
PUMPKIN SMOOTHIE

LUNCH:
CREAMY POLENTA

DINNER:
RED DATE CONGEE

NOTES

WEEK TWO

02

MONDAY 01

BREAKFAST:
ORANGE SMOOTHIE

LUNCH:
JAPANESE MISO SOUP

DINNER:
BASIC ASIAN CONGEE &
SWEET POTATO PUREE

TUESDAY 02

BREAKFAST:
KOREAN SEAWEED SOUP

LUNCH:
CRUSTLESS QUICHE LORRAINE

DINNER:
CHINESE CHICKEN SOUP

WEDNESDAY 03

BREAKFAST:
RASPBERRY COCONUT CREPE

LUNCH:
SPINACH PORRIDGE

DINNER:
MUSHROOM RISOTTO

THURSDAY 04

BREAKFAST:
RASPBERRY PEACH SMOOTHIE

LUNCH:
FRENCH-ITALIAN CREPE

DINNER:
MINESTRONE SOUP

FRIDAY 05

BREAKFAST:
APPLE SMOOTHIE

LUNCH:
BAKED SWEET POTATO

DINNER:
PORK RIB PORRIDGE

SATURDAY 06

BREAKFAST:
GREEN MONSTER SMOOTHIE

LUNCH:
TOFU & CAULIFLOWER MASH

DINNER:
BASIC ASIAN CONGEE WITH
BUTTERNUT SQUASH PUREE

SUNDAY 07

BREAKFAST:
PEANUT BUTTER BANANA SMOOTHIE

LUNCH:
CAULIFLOWER MAC AND CHEESE

DINNER:
MUI FAN (RICE WITH GRAVY)

NOTES

WEEK THREE

03

MONDAY 01

BREAKFAST:
CHILLED TOFU

LUNCH:
SMOKED SALMON WITH SOUR CREAM CREPE

DINNER:
VEGETABLE RISOTTO WITH POACHED EGGS

TUESDAY 02

BREAKFAST:
BLUEBERRY COCONUT WATER SMOOTHIE

LUNCH:
TUNA WHITE BEAN SALAD

DINNER:
ROMANO RISOTTO WITH RADISH

WEDNESDAY 03

BREAKFAST:
RASPBERRY BANANA SMOOTHIE

LUNCH:
HARISSA WHITE BEAN STEW

DINNER:
BARLEY RISOTTO

THURSDAY 04

BREAKFAST:
OATMEAL BREAKFAST SMOOTHIE

LUNCH:
POTATO PATTIES

DINNER:
SHRIMP RISOTTO WITH MASCARPONE

FRIDAY 05

BREAKFAST:
TROPICAL GREEN CHIA SEED SMOOTHIE

LUNCH:
MANGO AVOCADO SALSA

DINNER:
LEEK & PEA RISOTTO

SATURDAY 06

BREAKFAST:
POACHED PEAR WITH LONGAN, RED DATES & GOJI

LUNCH:
BLACKBERRY MINT WITH BLUE CHEESE CREPE

DINNER:
MINTED PEA & ASPARAGUS RISOTTO

SUNDAY 07

BREAKFAST:
BEET BERRY APPLE SMOOTHIE

LUNCH:
CHICKEN AND GARLIC CREPE

DINNER:
SLOW ROASTED CITRUS SALMON

NOTES

WEEK FOUR

04

MONDAY 01

BREAKFAST:
TIRAMISU CREPE

LUNCH:
TOMATO SOUP WITH CAULIFLOWER

DINNER:
TURKEY AND SAGE PATTIES

TUESDAY 02

BREAKFAST:
SPINACH & APPLE SMOOTHIE

LUNCH:
TOMATO BASIL MEATBALLS

DINNER:
CABBAGE & BARLEY RICE SOUP

WEDNESDAY 03

BREAKFAST:
BANANA SMOOTHIE

LUNCH:
BAKED RISOTTO WITH ROASTED VEGETABLES

DINNER:
SWEET POTATO COTTAGE PIE

THURSDAY 04

BREAKFAST:
BLUEBERRY CREPE

LUNCH:
SESAME TOFU DUMPLINGS

DINNER:
OVEN RISOTTO WITH KALE PESTO

FRIDAY 05

BREAKFAST:
COFFEE SMOOTHIE

LUNCH:
BASIC ASIAN CONGEE WITH PARSNIP PUREE

DINNER:
CHICKEN NOODLE SOUP

SATURDAY 06

BREAKFAST:
BLUEBERRY SPINACH SMOOTHIE

LUNCH:
SAGE BREAKFAST CREPE

DINNER:
PASTA WITH SPINACH, TOMATO & PARMESAN CHEESE

SUNDAY 07

BREAKFAST:
SPINACH CHEESE ROLLS

LUNCH:
STRAWBERRY BANANA NUTELLA CREPE

DINNER:
INSTANT POT GOULASH

NOTES