

	Monday	Tuesday	Wednesday	Thursday	Friday
Meals	Gym Day	Aerobic Session	Rest Day	Gym Day	Aerobic Session
Breakfast	<u>Run down the stairs over night oats</u>	<u>Overnight Blueberry Pie</u>	<u>Scrambled Egg Salmon Bagel</u>	<u>Nutty Flapjack</u>	<u>Overnight Chocolate Pudding</u>
Snack	<u>Pro Espresso Pudding</u>	<u>Blueberry Banana Bread</u>	<u>Protein Balls</u>	<u>Cherry Almond Smoothie</u>	<u>Nutty Flapjack</u>
Lunch	<u>Chicken Burrito Bowl</u>	<u>Lucky Lacksa</u>	<u>One Pot Chilli</u>	<u>Pad Thai</u>	<u>Creamy Salmon Mega Mix</u>
Dinner	<u>Chicken Pie with Garlic Potatoes</u>	<u>Chicken Burrito Bowl</u>	<u>Mince Taco Boats</u>	<u>One Pot Chilli</u>	<u>Spicy Mince Bonanza</u>