

VibraEating Kick Start Week 3

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Protein Drink	50g Nuts	Salad made with 100g canned salmon, salad vegetables, 50g reduced fat cheese and oil-free mayonnaise 4 wholegrain crispbreads (eg Ryvita)	Protein Drink	Minestrone with meatballs <i>(see recipe)</i>
Tues	Protein Drink	50g Nuts	One mug vegetable soup 1 wholegrain bread roll with 100g cooked chicken with chutney and lettuce	Protein Drink	Baked fish (200g) with capers, cherry tomato, lemon juice and 2 tsp olive oil Serve with salad and oil-free salad dressing
Wed	Protein Drink	50g Nuts	Chicken and Salad Wrap	Protein Drink	Coriander and Chilli Lamb Kebabs <i>(see recipe)</i> served with steamed vegetables (eg broccoli, squash and carrots)
Thurs	Protein Drink	50g Nuts	Gingery Chicken and Veggies Tomato/black olive, green salad and Salsa dressing	Protein Drink	Chicken (200g) stir fried with 3 tsp curry paste, corn, pumpkin, spinach and sugar snap peas.
Fri	Protein Drink	50g Nuts	Turkey Burger Tossed Green Salad with olive oil and lemon juice	Protein Drink	Grilled fish (200g) marinated in chilli sauce and lemon juice served with a salsa (made from finely chopped capsicum, cucumber, tomato, celery and oil-free salad dressing) and salad.
Sat	Protein Drink	50g Nuts	Steak and salad sandwich (2 slices wholegrain bread with cooked lean steak, rocket and tomato)	Protein Drink	Warm salad of Moroccan Lamb with Roasted Roma Tomatoes <i>(see recipe)</i>
Sun	F U N D A Y				