

VibraEating Kick Start Week 4

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Protein Drink	50g Nuts	Sandwich made with 2 slices rye bread, 100g rare roast beef, capsicum, horseradish and lettuce	Protein Drink	Baked fish (200g) with fresh herbs (eg. dill) and served with steamed vegetables (eg. asparagus, squash, beetroot)
Tuesday	Protein Drink	50g Nuts	Toasted sandwich made with ham (100g), reduced fat cheese (50g), tomatoes, gherkins and 2 slices wholegrain bread Serve with green salad and oil-free salad dressing	Protein Drink	Poached Beef Salad with Vietnamese Dressing <i>(see recipe)</i>
Wednesday	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	Stir fry chicken breast (200g) with green beans, sliced celery and carrots in 2 tsp canola oil, soy and chilli sauce
Thursday	Protein Drink	50g Nuts	One mug vegetable soup 1 wholegrain bread roll with 100g cooked chicken with chutney and lettuce	Protein Drink	Marinated Lamb Kebabs with Yoghurt Sauce <i>(see recipe)</i>
Friday	Protein Drink	50g Nuts	Steak sandwich made with 2 slices wholegrain bread and 100g rump steak, rocket and pepper	Protein Drink	Grilled fish (200g) with stir-fried vegetables (use 2 tsp olive oil)
Saturday	Protein Drink	50g Nuts	Minestrone soup (made with 50g cooked beef, vegetables and ½ cup cooked cannellini beans) 1 slice wholegrain toast and 1 tsp lite margarine	Protein Drink	Thai beef salad <i>(see recipe)</i>
Sunday	F U N D A Y				