



FULL LIST OF MEALS

BREAKFAST LIST

Chocolate and berry oats
High protein pancakes
Cheesy bacon & egg muffin
Crumpet french toast bake
Avocado & eggs on sourdough
Biscoff overnight weetbix

LUNCH LIST

Big mac salad
Tuna pasta bake
Chicken walnut & pumpkin salad
Vermicelli bowl
Chicken katsu curry
Marry me orzo

DINNER WEEKDAY

Surf & Turf with mash & veg
Chicken souvlaki
Pulled beef mexican bowl
Viral tiktok hot honey bowls
Stuffed Capsicum
High protein lasanga

DINNER WEEKEND

Smash burger & chips
Dominoes fakeaway
Birria tacos
Loaded Parma fries
Noodle broadbeach fake away
Kfc twisters fakeaway

PLUS FRUIT, SNACKS &
DESSERTS

