



LUNCH





Omelette- 375 Kcals- 56P/8C/13F

2 eggs
100g chicken
40g ham
110g pepper
20 red onion



Chilli prawn noodles- 328 Kcals- 38P/36C/3F

200g prawns
Salt, pepper and cayenne pepper, chilli flakes
1Kcal spray
50g peppers
15g onion
50g egg noodle nest



Beef pitta pocket- 403 Kcals-38P/46C/7F

70g pitta
140g beef
45g peppers
50g lettuce
15g onion
15g sauce



Italian Salad Bowl- 432 Kcals- 53P/5C/22F

80g Spinach Leaves
50g Red pepper
60g cherry tomatoes
20 Radish
1 tbsp of olive oil
50g of Greek feta
140g Chicken



Light Lunch-364 Kcals- 28P/22C/18F

3 Ryvita crackers
2 small pieces of cheddar cheese
Tomato slices
Carrot Shavings
Handful of Olives
80g of smoked salmon



Simple & Effective- 345 Kcals- 33P/11C/19F

1 Slice of brennan's be good bread
15g of cheese
50g of lean cooked ham
2 scrambled eggs with Black pepper



Protein Bowl-412 Kcals- 54P/18C/13F

160g chicken
2 Boiled eggs
50g chick peas
50g kidney beans
75g Lettuce
50g Peppers
15g Onion



Asian Beef stir fry

160G Beef marinated with minced garlic, 1 tbsp soy sauce, 1tbsp Chinese 5 spice, 1tbsp sesame seed, 1/4tbsp black pepper
60g carrots
1/2 cup bone broth
2tbsp reduced soy sauce
15g honey
60g pepper
30g onion
90g Basmati rice



Chicken Fried Rice- 544 Kcals- 67P/45C/11F

1x 150g chicken breasts
50g chopped broccoli
1 Egg
125g basmati rice
30g sweet corn
30g Peas
30g red pepper
1 Tbsp Soy sauce
1 Onion
All Stir Fried

