



Aussie Mamas Meal Planner

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|---|---|--|---|---|---|
| BREAKFAST | E • Oatmeal with 0% yoghurt & berries (p.229) | S • Simple Fried Eggs with onions (p.215) | E • THM Pancakes with 0% yoghurt and sugar free syrup (p.223) | S • Cheesy Omelet with onions & red capsicum (p.219) | E • Cottage Blueberry Porridge (p.230) | S • Savoury Protein Muffins (p.221) | E • THM Pancakes with 0% yoghurt and sugar free syrup (p.223) |
| MORNING TEA | E • 1 apple with 1 tsp natural peanut butter | S • Skinny Chocolate (p.371) | E • 1 orange with 1 tsp natural peanut butter | FP • Yoghurt Swirl | FP • Rye crackers & light Laughing Cow cheese | S • Blueberry Coconut Muffin (p.259) | S • E • FP • Fat Stripping Frappa (p.240) |
| LUNCH | S • Bread in a Mug with 1/2 tomato & cheese, grilled & lettuce salad (p.265) | E • Waldorf Cottage Cheese Salad (p.300) | S • Crispy Fried Salmon fillet mixed lettuce salad (p.283) | E • Toasted Barley Wrap with chicken breast, light mayo & tomato | FP • The Fuel Pull Salad (p.301) | E • Trim Healthy Pan Bread (p.266) | S • Basic Quiche with salad and creamy dressing (p.319) |
| AFTERNOON TEA | FP • 2 light Rye crackers, light Laughing Cow chs | S • Handful Crispy Almonds & few pieces of cheese | FP • Fat Stripping Frappa (p.240) | E • 1 Trim Healthy Pancake with sugar free jam (p.233) | S • Peanut butter and celery boats | S • Gwen's Thin Mint Shake | S • Handful Crispy Almonds & few pieces of cheese |
| DINNER | S • Oven Baked Lamb Chops w Onion & Rosemary sauce with buttered zucchini | E • Chili Con Carne with quinoa & green beans | S • Beef Patties with steamed & buttered broccoli (p.339) | FP • Slow Cooker Lemon Chicken with salad | S • Baked Chicken with green beans and cauliflower cheese | S • Pizza Night Fooled Ya Pizza (p.276) | S • Spaghetti Bolognese with salad (p.350) |
| DESSERT | FP • Cottage Berry Whip (p.379) | E • Cottage Cheese with yoghurt & 1/4 cup blueberries | S • Cheesecake Berry Crunch (p.373) | E • Cg Cheese with yoghurt & 1/4 cup crushed pineapple | S • Basic Cheesecake (p.373) | S • Skinny Chocolate (p.371) | S • Berries and Cream |