

SSH Week 1 Meal plan

PRINT this copy for your fridge. You can also **SAVE** this meal plan to your portal in **My Collections**. Once saved, head to **Your Saved Meal Plans** and you can make substitutions as desired.



monday

tuesday

wednesday

thursday

friday

breakfast

Egg, avo & salmon
on sour dough

Weis bar smoothie

Egg, avo & salmon
on sour dough

Weis bar smoothie

Egg, avo & salmon
on sour dough

lunch

Mexi spiced chicken
w rainbow slaw

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w rainbow slaw

Chicken & hummus
wholegrain wrap

Chicken & hummus
wholegrain wrap

Tuna sushi
salad bowl

snack

YoPro high
protein yoghurt

ATP Noway Collagen
Bar with Herbal Tea

SSH protein
shake

YoPro high
protein yoghurt

SSH protein
shake

dinner

Mediterranean tray
baked chicken

Pork mince & veg
fried rice

Beef & bean quesadilla
w crunchy slaw

Oven baked pesto
chicken & rice

Grilled chicken
strips & crunchy slaw

