



## THRIVE 7-DAY MEAL PLAN #1

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1 – MON	Spiced Quinoa Porridge	Coconut Chicken Strips with Rainbow Salad	Crispy Skin Barramundi	Cheat's Apple and Berry Crumble
2 – TUES	Super Smoothie	Egg Muffins	Slow Cooked Lamb Shank and Barley Soup with Gremolata	Hearty Hummus with Veggie Sticks
3 – WED	Golden Mountain Bread Ricotta Wraps	Rice Paper Rolls	Bone Broth Bolognese	Chocolate Avocado Mousse
4 – THURS	Sourdough or sprouted toast with Notella and sliced banana	Easy Cheesy Flapjacks	Asian-Style Vegetable and Noodle Salad with Prawns	Raw Cacao Balls
5 – FRI	Sausages with Greens	Savoury Muffin	Healthy Mexican	Hard-Boiled eggs with Veggie Sticks and Olives
6 – SAT	Omelette Italiano	Meatballs	Healthy Fish Fingers	Kale Chips
7 – SUN	Sweet Potato and Apple Hash	Deconstructed Nicoise Salad	Sticky Orange Chicken	Banana Cinnamon Pancakes

