THRIVE 7-DAY MEAL PLAN #2 (BRENDA JANSCHEK)

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1 – MON	Ham & Egg Yummies	Messy Sushi	Rosemary and Garlic Chicken with Cauliflower Mash	Stove-Top Granola
2 – TUES	Brenda's Bircher Muesli	Cheeseball Skewers with Mountain Bread Chips and Pesto	Teriyaki Fish	Muesli Slice
3 – WED	Fabulous French Toast with Vanilla Yoghurt	Zucchini and Potato Slice	Slow Cooker Beef Cheek Curry	Protein Packed Flapjacks
4 – THURS	Zesty Chilli Beans	Lovely Lettuce Wraps	Potato, Feta and Spinach Frittata	Breakfast Sorbet
5 – FRI	Yummy Yoghurt Parfait	Pork, Kale and Fennel Sausage Rolls	Spicy Lamb with Braised Lentils	Strawberry Muffins
6 – SAT	Spelt and Buckwheat Pancakes	Buckwheat Pasta Spirals with Broccoli, Peas and Pesto	Herb and Macadamia Crusted Fish	Mango and Macadamia Beach Bars
7 – SUN	Soft Boiled Eggs	Mini Meat Loaves	Vegetable and Lentil Soup	Banana Thickshake