



# Healthy Meals To Your Door

## HEALTHY BALANCE – BREAKFAST, LUNCH & DINNER PLAN

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Breakfast

Fresh Seasonal Fruit,  
Pepitas & Honey  
Yogurt

Scrambled Egg, Mixed  
Seeds & Greens

Smoked Salmon,  
Spinach & Caper  
Omelette

Zucchini & Carrot  
Fritters with Tomato  
Chutney

Bircher Muesli, Apple  
& Honey Yogurt

#### Lunch

Roast Beef, Salad &  
Semidried Tomato  
Wrap

Dukkah Crusted  
Chicken & Roast  
Beetroot Salad

Salmon Sweet Potato  
Cakes, Garden Salad &  
Aioli

Grilled Lamb, Brown  
Rice Salad & Tzatziki

Mexican Chicken &  
Bean with Brown Rice

#### Snacks

Creamy Honey Yogurt  
Strawberry Bliss Balls  
Roast Mixed Nuts

Fresh Seasonal Fruit  
Olive Tapenade &  
Vegetable Sticks

Zucchini Friand with  
Cashew Frosting  
Creamy Honey Yogurt

Strawberry Bliss Balls  
Tzaziki & Vegetable  
Sticks

Creamy Honey Yogurt  
Roast Mixed Nuts  
Olive Tapenade with  
Brown Rice Crackers

#### Dinner

Zucchini Pasta &  
Bolognaise Sauce with  
Parmesan

Local Snapper,  
Mediterranean Salsa &  
Baby Chat Potato

Chicken & Mushroom  
Cacciatore with Quinoa

Honey Soy Chicken  
Breast & Asian  
Vegetables

Beef Cheeks, Sweet  
Potato Mash &  
Steamed Greens