

The Gutsy Challenge Weekly Menu



Monday

Breakfast: Raw buckwheat porridge with berries

Lunch: Eggplant Parma with side salad

Dinner: Italian Sausage bake with steamed veggies

Snacks: Carrot Sticks and sundried tomato & chickpea dip; fruit and yoghurt

Tuesday

Breakfast: Toast with Apple & Pumpkin Butter

Lunch: Lunchbox Sushi

Dinner: Moussaka with side salad

Snacks: Fruit & nuts; Pumpkin & fetta loaf

Wednesday

Breakfast: Smoothie with milk, banana, avocado, honey, ground flax meal

Lunch: Spinach, fetta & sundried tomato frittata

Dinner: Mexican Bean Pizza

Snacks: Banana Bliss balls; cucumber & ricotta on wholegrain crackers

Thursday

Breakfast: Baked beans on whole grain Toast

Lunch: Peach Salad with wholemeal pitta chips

Dinner: Thai pork burgers

Snacks: OMG chocolate mousse, fresh fruit

Friday

Breakfast: Wholegrain cereal with kiwi fruit

Lunch: Gourmet Green Pizza scrolls and veggie sticks

Dinner: Devilled Sausages with Sweet potato mash and steamed veggies

Snacks: Orange & date Loaf, yoghurt & wholegrain muesli

Saturday

Breakfast: Chocolate Spread topped with banana on whole grain toast

Lunch: Summer Sausage Salad

Dinner: Mixed Bean Enchiladas

Snacks: Veggie sticks with corn dip & wholegrain crackers; fresh fruit & yoghurt

Sunday

Breakfast: Zucchini & Corn Breakfast Muffin

Lunch: Vegetable Soup

Dinner: Creamy Sundried Tomato & Chicken Pasta

Snacks: Choc-raspberry brownies; pear & ricotta on wholegrain toast