

# Xings Menu Planner

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Desert	Total Weight
<i>Day 1</i>	Museli with yogurt.	Protein shake.	Croissant or Fruit Bun	Date Loaf	Butter chicken and rice.	Dark Chocolate.	494g
<i>Day 2</i>	Coconut Chia porridge	Museli Bar	Avo, 6 x Vitaweeet and tomato.	Banana Cake	Tuna Pasta.	Hot Chocolate.	356g
<i>Day 3</i>	Polenta and Beans	Dried fruit, anzacs x 2	Salami and cheese wrap.	Protein shake.	Beef cheeks with sweet potato.	Custard and apple.	485g
<i>Day 4</i>	Museli with yogurt.	Protein shake.	Avo, 6 vitaweeet, dehydrated tomato.	Date Loaf	Butter chicken and rice.	Dark Chocolate.	476g
<i>Day 5</i>	Chia porridge	Museli Bar	Dip and crackers with cheese.	Banana Cake	Vegetarian Pasta.	Peanut M&M's.	386g
<i>Day 6</i>	Polenta and Beans	Dried fruit, anzacs x 2	Snicker doodle wrap.	Protein shake.	Lamb ragout with polenta.	Strawberries and yogurt.	425g
<i>Day 7</i>	Overnight oats.	Dried banand and peanut butter satchet.	Salami & Cheese	Date Loaf (Spare)	Home	Home	236g