

## TUESDAY

### BREAKFAST

- **COFFEE/TEA (40CAL)**
- **2 GLASSES OF WATER**
- **SWEET CORN & CORIANDER FRITTERS WITH SMOKED SALMON SERVES 4 (305CAL PER SERVE)**
- **¼ CUP SKIM MILK, 3 EGGS, 2/3 CUP REDUCED FAT RICOTTA CHEESE, ½ CUP SELF RAISING FLOUR, 1 LARGE ZUCCHINI GRATED FINELY, 2 ½ CUPS CORN KERNELS, 4 SPRING ONIONS THINLY SLICED, 2 TBSP. CORIANDER CHOPPED FINELY, 4 CUPS ROCKET LEAVES, 150G SMOKED SALMON, LEMON WEDGES TO SERVE WITH.**
- **WHISK MILK, EGGS AND RICOTTA IN A LARGE BOWL, GRADUALLY WHISK IN FLOUR UNTIL BATTER IS SMOOTH. SQUEEZE EXCESS MOISTURE FROM ZUCCHINI; ADD TO BATTER WITH CORN, SPRING ONION & CORIANDER MIX WELL TO COMBINE.**
- **HEAT NON-STICK PAN, SPOON ¼ CUP BATTER INTO PAN, COOK 2-3MINS ON EACH SIDE. REPEAT UNTIL ALL THE BATTER IS COOKED. TO SERVE TOP FRITTERS WITH SMOKED SALMON, ROCKET & LEMON WEDGES, ENJOY.**



### SNACK

- **2 GLASSES OF WATER**
- **TAHINI DIP WITH CARROT AND CELERY STICKS. (240CAL)**
- **ADD 1/4 CUP TAHINI WITH 1/2 TSP. GARLIC, 1 TSP. LEMON JUICE, 1 TSP WATER MIX IN ALL TOGETHER.**
- **ENJOY WITH 2 CARROTS AND 2 PIECES CELERY PEELLED CUT INTO STICKS.**

### LUNCH

- **2 GLASSES OF WATER**
- **HAM & TOMATO MELTS (282CAL)**
- **1 MULTIGRAIN ENGLISH MUFFIN, ½ TSP. WHOLEGRAIN MUSTARD, ½ MEDIUM TOMATO, 50G LOW FAT SHAVED HAM, ½ TBSP. CHOPPED BASIL, SMALL AMOUNT RED ONION SLICED, ¼ CUP GRATED LOW FAT MOZZARELLA CHEESE.**
- **SPLIT MUFFINS IN HALF TOAST BOTH SIDES, ADD INGREDIENTS & PLACE UNDER GRILL UNTIL CHEESE IS MELTED, ENJOY WITH GREEN SALAD IF STILL HUNGRY**



### SNACK

- **2 GLASSES OF WATER**
- **1 ORANGE CUT IN SLICES (90CAL)**

### DINNER

- **2 GLASSES OF WATER**
- **VIETNAMESE PORK RICE PAPER ROLLS (209 CALS PER SERVE)**
- **1 ½ CUP SLICED UP PORK FILLET (COOK UP PORK)**
- **1/8 CHINESE CABBAGE, FINELY SHREDDED, ½ CUP BEANSPROUTS TRIMMED, 1 SMALL RED CAPSICUM THINLY SLICED, 1/3 CUP FRESH MINT LEAVES, ½ CUP FRESH CORIANDER LEAVES, 1 LIME JUICED, 1 TBSP. FISH SAUCE, 12X 22CM RICE PAPER ROUNDS, SWEET CHILI SAUCE TO SERVE WITH.**
- **COMBINE ALL INGREDIENTS IN A LARGE BOWL AND MIX TOGETHER WITH FISH SAUCE, MINT AND ½ THE CORIANDER.**
- **PLACE 1 RICE PAPER ROUND IN A MEDIUM BOWL OF LUKEWARM WATER UNTIL JUST SOFT, THEN PLACE ON A CLEAN TEA TOWEL OR PAPER TOWEL.**
- **ARRANGE ¼ CUP OF THE MIXTURE ALONG THE CENTER OF THE RICE PAPER, FOLD ENDS IN AND ROLL UP FIRMLY, REPEAT WITH REMAINING RICE PAPER. SERVE WITH SWEET CHILI SAUCE AND REMAINING CORIANDER. ENJOY**



### DESERT 2 GLASSES OF WATER

- **HALF CUP STRAWBERRIES (30CAL)**