

HIGH CARB

Day 01

OATS

Rock Melon, Grapes
7P 27C 6F
192KCal

KOREAN MINCED BEEF

Veg, Rice, Apricot Sauce
38P 49C 16F
510KCal

PULLED CHICKEN PICO

Rice, Beans, Pico de Gallo
36P, 50C, 16F
510KCal

PANKO PARSLEY CRUSTED SALMON

36P 48C 15F
510KCal

TOFU & SAUSAGE

Pesto Pasta, Veg
38P 51C 17F
520KCal

HERBED CHICKEN

Burgul, Veg, Lemon
38P 50C 17F
500KCal

Day 02

RICHMANS BREAKFAST

Sausage, Bacon, Potato
24P 14C 7F
215KCal

PULLED BEEF BBQ

Loaded Potato, Veg
39P 48C 18F
510KCal

JERKY CHICKEN

Lentil, Veg, Yoghurt Chutney
36P, 50C, 18F
510KCal

ORANGE DILL SALMON

Quinoa, Beans, Veg
36P, 50C, 18F
510KCal

VEGAN BURGER

Risotto, Veg
36P 50C 17F
500KCal

SLICED ANGUS RUMP

Potato, Beans, Veg
38P 48C 17F
500KCal

Day 03

CHIA WITH TAPIOCA

Fruit Puree
10P 32C 12F
276KCal

TERIYAKI STEAK

Rice Noodles, Veg
38P 50C 18F
520KCal

CHIX CASHEW

Sweet Potato, Veg
36P, 48C, 17F
498KCal

TUNA STEAK

Sweet Potato, Veg
36P, 48C, 18F
502KCal

ALMOND, EDAMAME & WALNUT

36P 50C 17F
500KCal

MEXICAN CHICKEN BOWL

Rice, Veg, Lemon
38P 48C 17F
500KCal

Day 04

EGG CAKE

Salad, Pomegranate, Olives
25P 2C 9F
190KCal

JAPANESE SEARED STEAK

Noodles, Veg, Sour Cream
38P 50C 18F
510KCal

CHINESE CHICKEN

Rice, Veg, Sweet Chilli Sauce
37P, 50C, 15F
540KCal

COCONUT CRUSTED SHRIMP

36P, 48C, 18F
502KCal

SOYAMEAT

Rice, Veg, Grandnut Sauce
35P 50C 17F
512KCal

CUBED BEEF

Potato, Veg, Lemon
38P 48C 17F
500KCal

Day 05

POACHED EGG

Salad, Veg
25P 2C 9F
190KCal

CHILLI CON CARNE

Rice, Veg, Pico de Gallo
38P 50C 18F
510KCal

CLASSIC CHICKEN

Noodles, Veg, Peanut Sauce
37P, 48C, 18F
506KCal

SALMON CAKE

Potato, Tabouleh, Lemon
36P, 48C, 18F
502KCal

CHIPOTLE SAUSAGE

Potato, Veg
36P 48C 17F
490KCal

PESTO PASTA GRILLED CHICKEN

38P 48C 17F
500KCal

LOW CARB

Day 01

OATS

Rock Melon, Grapes
7P 27C 6F
192KCal

KOREAN MINCED BEEF

Veg, Rice, Apricot Sauce
38P 25C 15F
388KCal

PULLED CHICKEN PICO

Rice, Beans, Pico de Gallo
37P, 25C, 15F
385KCal

PANKO PARSLEY CRUSTED SALMON

36P 23C 16F
388KCal

TOFU & SAUSAGE

Pesto Pasta, Veg
38P 25C 15F
388KCal

HERBED CHICKEN

Burgul, Veg, Lemon
38P 25C 15F
388KCal

Day 02

RICHMANS BREAKFAST

Sausage, Bacon, Potato
24P 14C 7F
215KCal

PULLED BEEF BBQ

Loaded Potato, Veg
39P 25C 15F
388KCal

JERKY CHICKEN

Lentil, Veg, Yoghurt Chutney
37P, 25C, 15F
385KCal

ORANGE DILL SALMON

Quinoa, Beans, Veg
36P, 25C, 15F
388KCal

VEGAN BURGER

Risotto, Veg
36P 25C 15F
388KCal

SLICED ANGUS RUMP

Potato, Beans, Veg
38P 23C 16F
388KCal

Day 03

CHIA WITH TAPIOCA

Fruit Puree
10P 32C 12F
276KCal

TERIYAKI STEAK

Rice Noodles, Veg
38P 25C 15F
388KCal

CHIX CASHEW

Sweet Potato, Veg
37P, 25C, 16F
385KCal

TUNA STEAK

Sweet Potato, Veg
36P, 24C, 15F
375KCal

ALMOND, EDAMAME & WALNUT

36P 24C 15F
375KCal

MEXICAN CHICKEN BOWL

Rice, Veg, Lemon
38P 25C 15F
388KCal

Day 04

EGG CAKE

Salad, Pomegranate, Olives
25P 2C 9F
190KCal

JAPANESE SEARED STEAK

Noodles, Veg, Sour Cream
38P 25C 15F
388KCal

CHINESE CHICKEN

Rice, Veg, Sweet Chilli Sauce
37P, 25C, 15F
385KCal

COCONUT CRUSTED SHRIMP

36P, 25C, 15F
380KCal

SOYAMEAT

Rice, Veg, Grandnut Sauce
38P 25C 16F
394KCal

CUBED BEEF

Potato, Veg, Lemon
38P 23C 16F
388KCal

Day 05

POACHED EGG

Salad, Veg
25P 2C 9F
190KCal

CHILLI CON CARNE

Rice, Veg, Pico de Gallo
38P 25C 15F
388KCal

CLASSIC CHICKEN

Noodles, Veg, Peanut Sauce
37P, 25C, 16F
390KCal

SALMON CAKE

Potato, Tabouleh, Lemon
36P, 23C, 15F
371KCal

CHIPOTLE SAUSAGE

Potato, Veg
36P 22C 16F
376KCal

PESTO PASTA GRILLED CHICKEN

38P 25C 16F
397KCal

SNACKS

CRANBERRY TREAT

4P 38C 6F

222KCal

BROWNIE

8P 37C 8F

252KCal

OAT COOKIES

6P 33C 8F

228KCal

APRICOT TREAT

4P 38C 6F

222KCal

TRUFFLE BALLS

9P 38C 11F

287KCal

WAFFLE

7P 32C 8F

232KCal