



Winter Week 1 | Healthy Eating Nutritional Information - Regular

MENU	DF	GF	VGN	MONDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1	•			Kale & macadamia pesto scrambled free range eggs with soy linseed toast	349	22.8	17.3	4.3	22.9	5.7
Breakfast 2	•	•	•	Polenta porridge with orange, crushed hazelnuts & seeds	321	6.9	17.1	1.6	33.0	5.1
Lunch 1	•	•		Chicken & vegetable thai green curry	439	28.3	23.3	9.3	27	5.1
Lunch 2	•	•		Salmon & vegetable thai green curry	423	23.1	23.1	8.8	27	5
Veg Lunch	•	•	•	Chickpea & vegetable thai green curry	388	11.5	18.2	7.5	40.7	9.7
Dinner 1		•		Prawn burrito lettuce cups with avocado, tomato salsa & sour cream	320	36.2	20.8	4.6	11.2	5.5
Dinner 2		•		Chicken burrito lettuce cups with avocado, tomato salsa & sour cream	293	28.2	20.2	6.2	11.1	5.5
Veg Dinner	•	•	•	Vegetable & bean burrito lettuce cups with avocado, tomato salsa & cashew sour cream	259	12.6	10.4	1.9	23.2	11.8
Soup	•	•	•	Pumpkin, tomato beetroot soup	137	5.9	3.8	0.7	17.2	5.5
Snack	•	•	•	Cacao, maca & mesquite super balls	164	3.6	8.2	1.0	18.0	4.0
Fruit Salad		•		Seasonal fruit salad with biodynamic yoghurt	184	8.5	0.7	0.1	32.0	5.4
Dessert	•	•	•	Raw chocolate bounty slice	343	4.7	25.3	18.7	22.2	7.1
Juice Pack	•	•	•	EFF Cleansing Juice Pack of 3	220	4.9	0.7	0.0	47.5	14.1
Smoothie	•	•	•	Redcurrant & White Cacao	363	20.2	19.8	9.5	40.5	4.7
Elixir	•	•	•	Immune Booster: turmeric, lemon, cayenne pepper & ginger	50	1.7	1.3	0.2	9.1	0.5
Health Bars	•	•	•	Recharge Health Bars	176	7.1	10.3	2.4	13.3	2.7
Health Bars	•	•	•	Cleanse Health Bars	188	4.5	12.1	3.7	15.5	3.4

MENU	DF	GF	VGN	TUESDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1		•		Spinach, chickpea, goats cheese fritters with poached egg & tzatziki	285	17.4	18.6	6.1	11.3	5.9
Breakfast 2	•	•	•	Breakfast parfait with chia, rhubarb, cashew cream & granola crumble	456	12.4	32.7	8.0	24.8	9.6
Lunch 1		•		Buckwheat, chicken & mushroom risotto with greens	450	38.8	16.9	4.2	31.1	9.5
Lunch 2		•		Buckwheat, market fish & mushroom risotto with greens	426	38.9	14.1	3.3	31.3	9.5
Veg Lunch	•	•	•	Buckwheat, mushroom risotto with greens & vegan parmesan	380	25.4	10.0	1.4	40.6	12.9
Dinner 1	•	•		Chilean BBQ beef with inca berry & brazil nut green quinoa	450	40.6	21.1	4.0	17.6	7.6
Dinner 2	•	•		Chilean BBQ chicken with inca berry & brazil nut green quinoa	423	38.2	20.6	3.7	17.6	7.6
Veg Dinner	•	•	•	Chilean BBQ tofu with inca berry & brazil nut green quinoa	420	21.4	27.2	4.2	17.6	11.8
Snack	•	•	•	Corn chips with tomato basil salsa	59	1.4	2.5	0.3	9.8	1.3
Fruit Salad		•		Seasonal fruit with biodynamic yoghurt	184	8.5	0.7	0.1	32.0	5.4

MENU	DF	GF	VGN	WEDNESDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1	•	•	•	Buckwheat gingerbread granola with cherry coyo milk	296	5.0	17.4	8.6	28.6	3.8
Breakfast 2		•	•	Free range garden green omelette, goats cheese & soy linseed toast	404	28.6	16.7	6.1	30.6	8.8
Lunch 1		•		Lamb ragu, quinoa pasta, green peas & parmesan	448	30.2	15.0	5.5	44.4	7.8
Lunch 2	•	•	•	Lemon chicken soup, zucchini & sweet potato noodles	298	34.3	9.8	1.9	15.3	5.8
Veg Lunch	•	•	•	Lemon red kidney bean soup, zucchini & sweet potato noodles	265	13.0	8.4	1.5	29.5	12.2
Dinner 1	•	•		Coconut crumbed market fish with cabbage & apple slaw	438	35.8	25.5	7.7	14.1	6.1
Dinner 2	•	•		Coconut crumbed chicken with cabbage & apple slaw	434	39.0	24.5	8.2	12.0	6.1
Veg Dinner	•	•	•	Kimchi pancakes with rainbow zoodle salad	389	16.2	7.5	0.6	58.8	9.8
Soup	•	•	•	Rustic vegetable soup with borlotti beans, kale & tomato	155	8.3	1.8	0.4	24.9	5.8
Snack	•	•	•	Bananarama berry bread	169	2.8	10.7	2.9	14.7	2
Fruit Salad		•		Seasonal fruit salad with biodynamic yoghurt	184	8.5	0.7	0.1	32.0	5.4
Dessert		•		Chia, coconut & mixed berry pudding	218	6.8	16.6	10.1	8.1	4.3
Juice Pack	•	•	•	EFF Cleansing Juice Pack of 3	220	4.9	0.7	0.0	47.5	14.1
Smoothie	•	•	•	Drink Your Greens	230	22.7	2.1	0.5	30.1	5.7
Elixir	•	•	•	Immune Booster: turmeric, lemon, cayenne pepper & ginger	50	1.7	1.3	0.2	9.1	0.5
Health Bars	•	•	•	Recharge Health Bars	176	7.1	10.3	2.4	13.3	2.7
Health Bars	•	•	•	Cleanse Health Bars	188	4.5	12.1	3.7	15.5	3.4

MENU	DF	GF	VGN	THURSDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1	•	•	•	Pear melba, matcha almond milk, gluten free muesli & superfood oil	372	8.6	18.9	3.5	36.7	7.5
Breakfast 2	•	•	•	Poached free range eggs, gluten free toast, dukkah & tomato crush	343	18.3	15.5	3.8	31.6	2.8
Lunch 1	•	•		Salmon & cauliflower cakes with fresh side salad	430	22.4	28.6	4.6	17.4	3.5
Lunch 2		•		Naked chicken parmigiana with heirloom tomatoes & basil pesto	436	39.1	17.6	5.6	27.0	3.8
Veg Lunch		•		Naked eggplant parmigiana with heirloom tomatoes & basil pesto	336	14.4	16.0	4.9	29.9	6.8
Dinner 1	•	•		Vietnamese broth with prawn dumplings & asian greens	216	24.1	7.6	1.1	20.3	4.0
Dinner 2	•	•		Vietnamese broth with chicken dumplings & asian greens	257	24.1	7.6	1.1	20.3	4.0
Veg Dinner	•	•	•	Vietnamese broth with tofu, mushrooms & asian greens	244	18.4	8.3	1.3	20.1	7.1
Snack	•	•	•	Grilled beetroot babaganoush with veggie sticks	70	1.8	2.8	0.4	7.4	4.5
Fruit Salad		•		Seasonal fruit with biodynamic yoghurt	184	8.5	0.7	0.1	32.0	5.4

MENU	DF	GF	VGN	FRIDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1		•		Nordic bowl - salmon gravlax, firm poached eggs, cottage cheese, citrus buckwheat	318	30.7	14.9	5.3	15.6	3.1
Breakfast 2	•	•	•	Breakfast bruschetta on gluten free toast	383	12.1	25.9	9.6	23.7	3.5

Lunch 1	•		Moroccan eggplant, lamb & green millet bowl	327	23.9	12.9	3.2	27.2	9.5
Lunch 2	•		Moroccan eggplant, chicken & green millet bowl	314	25.2	9.5	2.1	27.2	9.5
Veg Lunch	•	•	Moroccan eggplant, kidney bean & green millet bowl	310	14.0	8.8	2.1	37.0	14.0
Dinner 1	•	•	Salmon, beetroot hummus, buckwheat salad, chia chardonnay dressing	345	35.9	11.2	2.0	21.4	6.0
Dinner 2	•	•	Chicken, beetroot hummus, buckwheat salad, chia chardonnay dressing	446	30.5	25.0	4.6	21.4	6.0
Veg Dinner	•	•	Pea patties, beetroot hummus, buckwheat salad, chia chardonnay dressing	407	13.2	23.2	3.4	40.1	11.4
Soup	•	•	Creamy coconut & spinach soup	201	5.7	12.0	7.5	15.7	4.7
Snack	•	•	Spicy carrot dip with rice crackers	120	3.7	4.6	0.6	14.6	3.3
Fruit Salad	•		Seasonal fruit salad with biodynamic yoghurt	184	8.5	0.7	0.1	32.0	5.4
Dessert	•	•	Raw peanut butter & chocolate balls	331	21.6	24.3	6.9	18.5	4.6
Juice Pack	•	•	EFF Cleansing Juice Pack of 3	220	4.9	0.7	0.0	47.5	14.1
Smoothie	•	•	Pumpkin Spice Flu-fighter	230	22.7	2.1	0.5	30.1	5.7
Elixir	•	•	Immune Booster, turmeric, lemon, cayenne pepper & ginger	50	1.7	1.3	0.2	9.1	0.5
Health Bars	•	•	Cleanse Health Bar	176	7.1	10.3	2.4	13.3	2.7
Health Bars	•	•	Recharge Health Bar	188	4.5	12.1	3.7	15.5	3.4

MENU	DF	GF	VGN	SATURDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1	•	•	•	Tomato & herb homestyle baked beans with gluten free toast	325	13.4	5.0	0.8	68.9	8.4
Lunch 1	•	•		Tomato, ginger & lemongrass market fish, sticky eggplant, long beans & brown rice	372	33.5	8.0	1.5	36.8	7.7
Lunch 2	•	•		Tomato, ginger & lemongrass pork, sticky eggplant, long beans & brown rice	383	37.4	7.4	1.4	36.8	7.7
Veg Lunch	•	•	•	Tomato, ginger & lemongrass tofu, sticky eggplant, long beans & brown rice	395	20.8	14.7	2.1	36.8	16.1
Dinner 1				Slow cooked beef lasagne with scalloped potato crust	445	36.7	18.6	7.4	29.9	5.6
Dinner 2	•	•		Chicken, pea, broccoli & white bean goodness bowl with shaved coconut	428	32.8	17.8	12.2	25.1	20.7
Veg Dinner	•	•	•	Pea, broccoli & white bean goodness bowl with shaved coconut	352	18.3	15.8	11.8	25.1	20.7
Snack	•	•	•	Pumpkin, poppy seed & lemon bread	189	4.8	12.7	1.3	14.2	2.1
Fruit Salad			•	Seasonal fruit with biodynamic yoghurt	184	8.5	0.7	0.1	32.0	5.4

MENU	DF	GF	VGN	SUNDAY	Calories	Protein	Fat	Sat Fat	Carbs	Fibre
Breakfast 1	•	•	•	Apple strudel loaf, 5 seed crumble & coconut yoghurt	355	7.7	21.4	12.6	30.4	6.7
Veg Lunch	•	•	•	Vegan lasagne, cashew bechamel, eggplant, sweet potato & spring salad	434	20.8	16.7	3.1	46.7	14.0
Dinner 1	•	•		Chicken, pumpkin, panang curry with brown rice	442	32.9	15.6	5.9	38.9	6.4
Veg Dinner	•	•	•	Pumpkin panang curry with brown rice	428	12.0	13.3	6.8	60.0	9.5
Snack	•	•	•	Five spice popcorn	179	3.1	10.8	1.5	14.5	6.6
Juice Pack	•	•	•	EFF Cleansing Juice Pack of 3	220	4.9	0.7	0.0	47.5	14.1
Health Bars	•	•	•	Cleanse Health Bar	188	4.5	12.1	3.7	15.5	3.4
Health Bars	•	•	•	Recharge Health Bar	176	7.1	10.3	2.4	13.3	2.7

DF = Dairy Free GF = Gluten Free VGN = Vegan