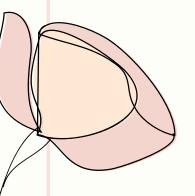


Week 10



Breakfast

Smoked Salmon Omelette Roasted Citrus Chia Parfaits

Lunch

Mediterranean Sweet Potato Bowls Beet Salad with Goat Cheese

Nivver

Curry Braised Chicken with Veggies Calamari with Veggies Stir Fry

