

7 Day Sample Low Fat Meal Plan

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Breakfast	Billy Goat Gruff Eggs	Spiced Banana & Oat Shake It Smoothie	Warm Green Breakfast Bowl	Shake It Supa Oats	Warming Winter Toastie	Chia Berry Shake It Smoothie	Breaky Quesadillas With Black Beans & Mushrooms
Lunch	Chia Berry Shake It Smoothie	Chicken & Roast Vege Salad	Pina Colada Shake It Smoothie	Tuna & Salad Wraps	Spiced Banana & Oat Shake It Smoothie	"Good Guts" Chicken Sandwich	Pina Colada Shake It Smoothie
Dinner	Salmon & Chargrilled Vegetable Salad	Lamb Salad with Pumpkin Beetroot & Balsamic	Beef Salad With Roast Tomato & Sweet Potato	Poached Chicken with Pesto	Chicken Green Bean & Spinach Curry	Broccolini & Lamb Stir-Fry	Wholegrain Smoked Salmon Pasta with Capers
Snack	Cottage Cheese & Tomato on Rye Bread	Berry Mix-Up	Pear	Apple	Berry Mix-Up	Cottage Cheese & Tomato on Rye Bread	Berry Mix-Up

For these recipes and many more, check out the Shake It Recipe Book!