

# Challenge 45 Day Challenge

## WEEK 5 MEAL PLAN

	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>	<b>DINNER</b>
<b>MONDAY</b> <b>17 JUN</b>	Green Dream Protein Smoothie	Spiced Pumpkin Protein Ball	Mustard Crusted Steak with Feta Pumpkin Mash	Spiced Pumpkin Protein Ball	Turkish Spiced Chicken with Chickpea and Herb Brown Rice
<b>TUESDAY</b> <b>18 JUN</b>	Green Dream Protein Smoothie	Spiced Pumpkin Protein Ball	Turkish Spiced Chicken with Chickpea and Herb Brown Rice	Spiced Pumpkin Protein Ball	Chilli Sin Carne with Brown Rice and Guacamole
<b>WEDNESDAY</b> <b>19 JUN</b>	Chocolate French Toast with Protein Yoghurt	Spiced Pumpkin Protein Ball	Chilli Sin Carne with Brown Rice and Guacamole	Spiced Pumpkin Protein Ball	Pineapple and Vegetable Fried Rice
<b>THURSDAY</b> <b>20 JUN</b>	Sweet Potato and Zucchini Hash with Poached Eggs	Spiced Pumpkin Protein Ball	Pineapple and Vegetable Fried Rice	Spiced Pumpkin Protein Ball	Poached Chicken, Beetroot, Feta and Quinoa Bowl
<b>FRIDAY</b> <b>21 JUN</b>	Chocolate French Toast with Protein Yoghurt	Spiced Pumpkin Protein Ball	Poached Chicken, Beetroot, Feta and Quinoa Bowl	Spiced Pumpkin Protein Ball	Turkey and Zucchini Bolognese with Wholegrain Pasta