

Day 21

Breakfast



PEARS WITH CASHEW CRUMBLE

Cookbook B Pg 77



HONEY APPLE BAKED PORK

Cookbook A Pg 41

Dinner

ROASTED PUMPKIN SEEDS

Cookbook A Pg 8



Dessert optional

GRILLED VEGETABLE AND TUNA SALAD

Cookbook A Pg 19



Lunch

Day 22

MEXICAN CHICKEN SOUP

Cookbook A Pg 29



Breakfast

SCRAMBLED EGGS WITH SMOKED SALMON AND LEMON MAYONNAISE

Cookbook A Pg 88



PURPLE SWEET POTATO AND ASPARAGUS CHIPS

Cookbook A Pg 9

Dinner

WARM PUMPKIN AND PINE NUT SALAD

Cookbook B Pg 23



Lunch



Snack optional

Day 23



TUNA BALLS

Cookbook B Pg 11

Breakfast



SPINACH AND ZUCCHINI SOUP

Cookbook A Pg 26

Dinner



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Snack optional

CHICKEN WITH AVOCADO SAUCE

Cookbook A Pg 27

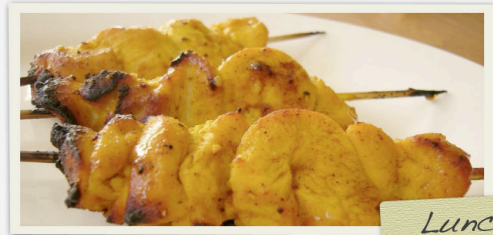


Lunch

POPPY SEED CRACKERS WITH ROAST PUMPKIN 'HUMMUS'

Cookbook B Pg 10 & Cookbook B Pg 5

Day 24



MOROCCAN CHICKEN SKEWERS

Cookbook B Pg 51

Lunch



Dessert optional

PUMPKIN CUSTARD

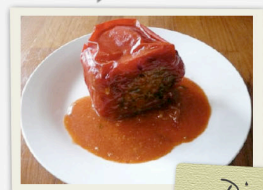
Cookbook A Pg 75



BANANA OMELETTE

Cookbook A Pg 64

Breakfast



STUFFED PAPRIKA

Cookbook A Pg 42

Dinner

Day 25



ASPARAGUS AND BASIL OMELETTE

Cookbook A Pg 59

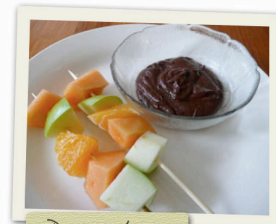
Breakfast



WHITE FISH WITH ONION AND BROCCOLI

Cookbook A Pg 56

Dinner



FRUIT KEBABS WITH COCONUT CHOCOLATE SAUCE

Cookbook B Pg 86

Dessert optional

ZUCCHINI MEAT BALLS

Cookbook B Pg 11

Lunch

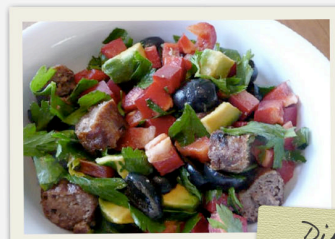


Day 26

SAUSAGE SALAD

Cookbook A Pg 19

Dinner



AVOCADO AND MINT SORBET

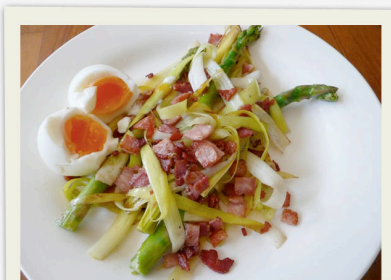
Cookbook A Pg 66

Dessert optional

Breakfast

BACON AND LEEK WITH BOILED EGGS

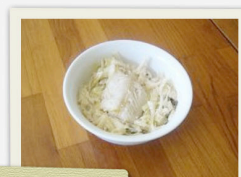
Cookbook A Pg 92



Lunch

THAI CABBAGE WITH WHITE FISH

Cookbook B Pg 54



Day 27



FRIED EGGS WITH VEGGIES

Cookbook A Pg 93

Breakfast



Dinner

GREEN PEA DIP

Cookbook B Pg 4

Snack optional



FISH AND PINE NUT PATTIES

Cookbook B Pg 55



Lunch

PUMPKIN AND DILL SOUP

Cookbook A Pg 26

Day 28



Breakfast



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Dinner

CHICKEN WITH BASIL AND ORANGE SAUCE WITH BROCCOLINI AND GARLIC SIDE SALAD

Cookbook A Pg 45 & Pg 18

SCRAMBLED EGGS WITH VEGGIES

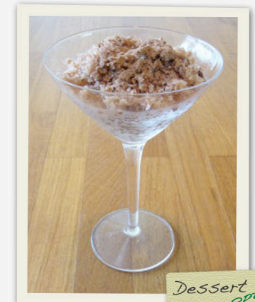
Cookbook A Pg 92



Lunch

RED CABBAGE SALAD

Cookbook B Pg 24



Dessert optional

MINT CHOCOLATE ICE

Cookbook A Pg 70

Day 29



BERRIES WITH LEMON CUSTARD

Cookbook B Pg 73

Breakfast



AVOCADO SALAD

Cookbook A Pg 13

Dinner

ROAST PUMPKIN WITH COLESLAW

Cookbook A Pg 39



Lunch

ALMOND AND PEAR FRANGIPANE

Cookbook A Pg 79



Dessert optional

Day 30



Breakfast



Lunch

SINGAPORE STYLE NOODLES

Cookbook B Pg 103



Dessert optional

CHOCOLATE AND COCONUT CUSTARD

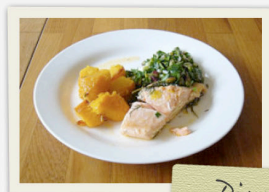
Cookbook B Pg 92

ROAST VEGETABLE SANDWICH

Cookbook B Pg 97

BAKED SALMON WITH PISTACHIO SALSA

Cookbook A Pg 55



Dinner