



January 16 - January 22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WORKOUT	6.00am Run – Hill repeats	5.30am: Cycle Kawana		7.00am: Swim Bundaberg Pool	5.30am: Cycle Kawana	7am: Cycle Caloundra 8am: Crossfit 9.30am: Cycle home	Run – 15km Moffat - Wurtulla
BREAKFAST	Sweet Potato & Spinach Omlette	Sweet Potato & Spinach Omlette	Boiled Egg x 2 Banana	AWAY	Mexican Chicken Soup	Banana Omlette	Steak & Eggs, Tomato, mushroom, avocado
LUNCH	Avocado & Spinach Salad +Chicken +Tomato	Avocado & Spinach Salad +Chicken +Tomato	AWAY	AWAY	Chicken Cacciatore	Mexican Chicken Soup	Mexican Chicken Soup
DINNER	Chicken Cacciatore +Avocado and Spinach Salad	Jamaican Beef Pepper Pot	AWAY	Jamaican Beef Pepper Pot	OUT	Fish with Tomato & Almond Sauce	Chicken with Macadamia Topping
WORKOUT	5pm: Crossfit 6.30pm: Ocean Swim Kings	6pm: Crossfit 7.30pm: Yoga	5.30pm: Run – 10km or Crossfit	If home: Crossfit	5.30pm: Swim	4.00pm: Swim/Run repeats	Arvo: Beach swim / Yoga
LOCATION	Maleny	Brissy	Bundaberg	Hervey Bay	Brissy		