



January 9 - January 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WORKOUT		5.30am: Cycle Kawana	5.30am: Crossfit		5.30am: Cycle Kawana	7am: Cycle Caloundra 8am: Crossfit 9.30am: Cycle home	Run – 15km Moffat - Wurtulla
BREAKFAST	Banana Smoothie	Eggs, avocado, mushroom, tomato	Banana/Peach Smoothie	Sweet Potato Scrambled Eggs	Banana/Berry Smoothie	Banana Omlette	
LUNCH	Chicken & Salad (leftover)	Chicken Salad	Fish & Salad	Mustard & Tomato Chicken Stew	Mustard & Tomato Chicken Stew	Kangaroo Steak & Salad (leftovers)	Mustard & Tomato Chicken Stew
DINNER	Beef & Veggie Stir Fry (leftover)	Fish & Salad (+SLOW COOK MUSTA/TOM CHICKEN STEW)	Tomato pan fried chicken with veggies	Tomato pan fried chicken with veggies	Kangaroo Steak & Salad	Fish w/Sautéed Kale	Minted pesto chicken stirfry (+SLOW COOKER MEAL FOR MON)
WORKOUT	5pm: Crossfit 6.30pm: Ocean Swim Kings	6pm: Crossfit 7.30pm: Yoga	5.30pm: Run – 10km 6.30pm: Ocean Swim	6pm: Crossfit 7.30pm: Yoga	5.30pm: Swim	4.00pm: Swim/Run repeats	Arvo: Beach swim / Yoga
LOCATION	Strathpine/ Morayfield	Brissy	Mooloolaba/ Maroochydore	Noosa	Brissy		