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|  | Monday  Day 1 | Tuesday  Day 2 | Wednesday  Day 3 | Thursday  Day 4 | Friday  Day 5 |
| **Breakfast** | **Energising Green Smoothie**  1 cup washed spinach, 1 frozen banana, 2 tbsp Thermophase protein powder, 1 cup plant based milk (almond or rice), 1 tbs raw cacao, cinnamon, 1 tbsp nut butter, ¼ avocado or flaxseed oil, handful ice cubes. Blend until smooth and creamy. | **Zucchini overnight oats**  **Serves 2**  ¾ cup gluten free oats, ¾ cup organic almond milk, 1 tbsp flaxseeds, ½ tsp cinnamon, 1 zucchini grated, 1 banana sliced. Mix together all ingredients except banana in a large bowl, cover then place in fridge overnight. In the morning use half of the contents with the banana. Can add 1 tbsp coconut yoghurt for extra flavor. | **Chicken and vegetable omelet**  100g chicken from the roast chicken leftovers, 1 whole egg plus 1 free-range egg white, 3 handfuls of vegies eg. Mushrooms, shallots, tomato, spinach and capsicum. Pan fry vegetables in 1 tsp coconut oil, once tender put to side and crack eggs in pan with 1 tsp coconut oil along with shredded chicken and vegetables. Make into an omelet. | **Ginger Green Juice and 1 slice Gluten free bread (paleo bread)**  Small chunk peeled fresh ginger, 1 cup washed spinach, 1 cucumber, 1 stalk celery, ½ lemon, 2 carrots, ½ apple. Juice all ingredients and add ice for a refreshing uplifting juice.  Toast 1 slice paleo bread and spread 1 tsp nut butter on top. | **Poached Eggs and Vegies**  Poach 2 free-range eggs in water with a little apple cider vinegar. In a pan saute 1 cup chopped mushrooms, 1 tomato and shallots in 1 tsp coconut oil. On a serving plate add a handful of baby spinach then add cooked eggs and vegetables on top. |
| **Lunch** | **Buddah Bowl**  Prepare 1/2 cup rinsed quinoa and cook in 1 1/4 cup bone broth. In a bowl place half of the cooked quinoa (the other half is for the next day), 1 cup mixed leafy greens, ½ diced cucumber, ¼ cup diced capsicum, 5 cherry tomatoes, ¼ avocado diced, 1 tbsp sesame, pumpkin and flaxseeds, 50g smoked salmon and a good squeeze fresh lemon juice over everything. | **Leftover Roast Chicken, Quinoa and Roast vegetables**  On a serving plate place 100g chicken, rest of roast vegetables from dinner the night prior and the leftover cooked quinoa. Add a dressing with a squeeze of lemon juice, 2 tbsp olive oil and 1 tbsp balsamic vinegar. Drizzle over plate with celtic or Himalayan salt and pepper. | **Vegetarian Rice Paper Wraps**  Follow instructions on wraps for preparation. Add shredded carrot, lettuce, cucumber, bean sprouts, fresh mint leaves, ¼ avocado and 30g crushed cashews and place evenly in 3 medium sized wraps. For added flavor add leftover homemade pesto inside or dip each wrap into the pesto. | **Leftover Bolognaise with Zucchini or Squash Noodles**  Try using squash noodles to mix things up. | **Turkey Mince Lettuce Cups**  **(mince preparation serves 4) Great for leftovers**  Pan fry 500g turkey mince with 1 clove minced garlic, 1 chopped onion, 1 tbsp coconut oil, small amount of bone broth (making sure mince is not too watery), salt and pepper and cook until brown. Prepare 2 iceberg lettuce cups with ¼ avocado, squeeze lemon, 1 grated carrot, 1 sliced cucumber then add turkey mince as a topper. |
| **Dinner** | **Roast Chicken and Vegetables**  Roast a whole chicken in the oven via cooking instructions on chicken. Stuff with 1 cut lemon and rub some olive oil over the top with a good sprinkle of rosemary. The last 45 minutes place in same pan a large sweet potato, 4 whole garlic cloves, 1 large beetroot, broccoli, 2 chopped carrots, 1 large parsnip and 1 brown onion and drizzle olive oil or coconut oil over vegies.  On a serving plate place 100g cooked chicken and half of the roast vegetables.  **(Leftover chicken and vegetables for next day)**  Prepare Zucchini overnights oats for breakfast. | **Steak and steamed vegetables with homemade pesto**  Pan fry a small piece of steak fillet (approximately 100g) in a drizzle of olive oil. In a saucepan or steamer place chopped vegetables and steam until just tender. Vegetables can consist of broccoli, carrot, zucchini, cauliflower, squash and cabbage. Enjoy 3 handfuls of these vegetables. Variety is the key to obtain optimal nutrients. **For Pesto** place in a food processor 1 cup fresh basil, ½ cup olive oil, ½ cup pine nuts or cashews, 2 cloves garlic and once vegies are cooked stir through half of the pesto. | **Bolognaise with Zucchini Noodles**  **Serves 4**  Saute 1 brown onion, 2 cloves crushed garlic, 2 grated carrots, 2 diced celery sticks, half diced capsicum and a handful sliced mushrooms in 2 tbsp olive oil over a medium heat. Add 500g organic grass-fed beef mince and cook until brown. Add 2 tins chopped tomato (preferably organic), handful fresh basil leaves, dried oregano or Italian herbs and simmer for approximately 10 minutes. Spiralize zucchini and squeeze any excess liquid. On a serving plate add 1 serving of bolognaise onto a plate size of zucchini noodles. Prepare enough noodles for leftovers next day. | **100g Baked Salmon (or fish of your choice) with Salad Vegetables**  Pre-heat oven to 180 degrees. Place salmon in foil along with some fresh lemon and minced garlic, celtic/himalayan salt and pepper. Bake for 20 minutes or to liking. Whilst baking prepare salad. 1 cup salad greens, ½ carrot diced, ½ cucumber sliced, 1 stick diced celery, small handful olives. For dressing add Braggs all purpose seasoning or prepare 2 tbsp olive oil, 1 tsp mustard, 1 tbsp balsamic vinegar, squeeze lemon and salt. Drizzle over salad, mix together then plate with cooked fish. | **Chicken and Butternut Squash Salad**  **Serves 2 (half next day)**  2 cups butternut squash diced into cubes, ¼ tsp cinnamon, 1 tbsp extra virgin olive oil, 4 cups kale leaves finely chopped, 280g chicken breast cooked, 1 ½ tsp balsamic vinegar, celtic/Himalayan salt to taste, 3 tbsp pumpkin seeds. Preheat oven to 200 degrees. Line a baking tray with parchment paper, toss the squash in ½ tbsp olive oil (half of the amount altogether) and spread evenly over tray. Sprinkle with cinnamon and bake for 20-25 minutes until golden brown. Heat remaining ½ tbsp olive oil in a large pan over low heat. Add kale and saute til wilted, remove from heat. Add roasted squash, cooked chicken, pumpkin seeds and balsamic vinegar to the pan and toss well. Season with salt and pepper. |
| **Morning Tea** | Small handful raw almonds | 1 orange | 1 homemade bliss ball (recipe on my face book post) | 1 pear or piece of fruit of choice (not banana) | 1 carrot chopped into sticks dipped in nut butter |
| **Afternoon Tea** | 1 Apple | 2 thin rice cakes with ¼ avocado and salt and pepper | 1 Apple | Small handful raw almonds | 1 homemade bliss ball |

**Tips:**

**If leftovers are not used the next day and are not feeding the family you may freeze them. For example the 2 servings of the Turkey mince from the turkey mince cups recipe may be frozen. The 2 leftover servings of the bolognaise may be frozen to have the following week.**

**Bliss balls can be placed in freezer to preserve freshness and to have snacks on hand for weeks and therefore don’t overeat.**

**You may swap a protein for another protein for example fish for chicken. Please try to use grass fed meat and organic/free-range eggs when possible as non-organic contain pesticides and hormones**