

BREAKFAST: **CHOCOLATE PROTEIN SHAKE**

TA

Prep Time: 2mins

Serves: 1

Ingredients

½ cup coconut milk (Pure Harvest carton is the best brand to buy)
1 cup of water
1 handful of spinach leaves
Handful of frozen berries
2 tablespoons of LSA
1 tablespoon of chia seeds
2 tablespoons of protein powder (Vital Protein – Pea Protein Powder Chocolate flavour or RAW Protein – Cacao & Coconut or Slim & Tone is the best to buy)

Preparation

1. Blitz all ingredients together and enjoy!

Note: You can also buy this out at a healthy café.

LUNCH: **ROASTED CHICKEN & VEGGIES**

(Left-over portion)

SNACK: **2 X BROWN RICE CAKES & AVOCADO**

DINNER: **SHEPHERD'S PIE**

(Left-over portion)

day 1

TOTAL KITCHEN TIME: 2MINS





day 2

TOTAL KITCHEN TIME: 2MINS

BREAKFAST:

**2 X BROWN RICE CAKES WITH BUTTER +
AVOCADO + SARDINES + TOMATO**

(Add salt + pepper to taste & if you do not like sardines you can use canned salmon or cold salmon.)

LUNCH:

CHOCOLATE PROTEIN SHAKE

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Preparation

1. Blitz all ingredients together and enjoy!

Note: You can also buy this out at a healthy café.

SNACK:

**GREEN APPLE SLICES TOPPED WITH ALMOND
BUTTER**

DINNER:

**LEFT OVER SHEPHERD'S PIE OR ROASTED
CHICKEN & VEGGIES**

(Use whatever is left-over & don't be afraid to combine this for a messy nutrient packed mash up!)

BREAKFAST: **SCRAMBLED EGGS MASH UP**

Prep Time: 5mins

Serves: 2

Ingredients

- 4 eggs
- ¼ cup almond milk
- 2 handfuls of spinach leaves
- 1 avocado
- Handful of chopped mushrooms
- 1 tomato (diced)
- 1 onion (diced)

Preparation

1. Whisk eggs in a bowl with the almond milk.
2. Sauté tomato, onion, spinach & mushroom in some butter in a pan.
3. When cooked through, add in eggs and mix through to form scramble. You can add fresh chilli for an extra kick!
4. Serve a small portion with ½ avocado. Store the remaining mix in fridge.

LUNCH: **BEAN SALAD**

Prep Time: 5mins

Serves: 3

Ingredients

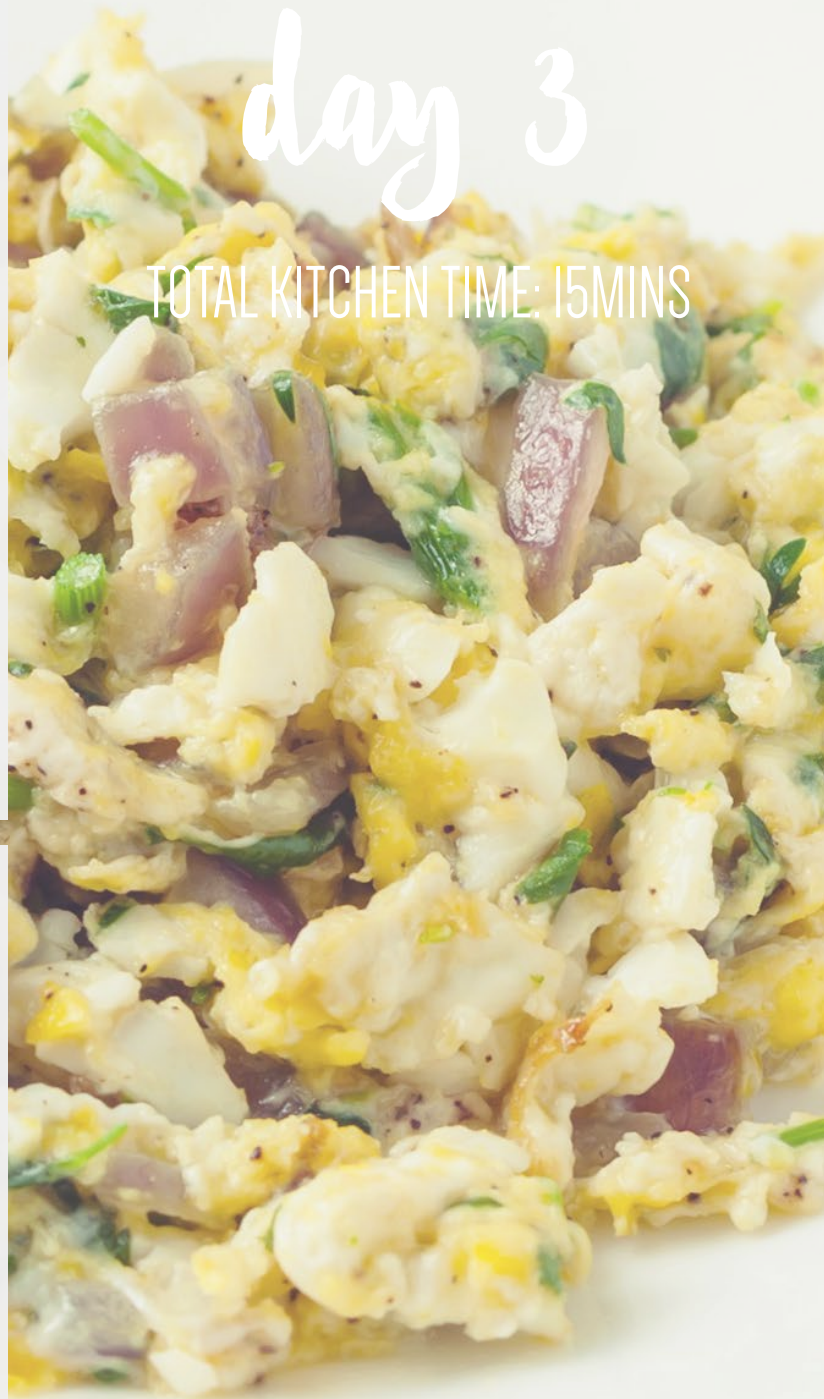
- 1 can adzuki beans (preferably organic – thoroughly washed)
- 1 can chickpeas (preferably organic – thoroughly washed)
- 2 cucumbers (diced)
- 2 tomatoes (diced)
- 1 red onion (diced)
- 4 tablespoons of goat's cheese (optional – do not use if you want to stick with no dairy)
- 2 avocados (sliced)
- 1 cup peas (you can cook these quickly by boiling the kettle and covering cup of peas in boiling water)

Preparation

1. Mix all together in a large bowl and top with freshly squeezed lemon, salt, pepper and olive oil to dress.
2. Serve a bowl sized portion and store the rest in the fridge.

day 3

TOTAL KITCHEN TIME: 15MINS





day 3

TOTAL KITCHEN TIME: 15MINS

SNACK:
HANDFUL OF NUTS

DINNER:
SALMON WITH BEAN SALAD

Prep Time: 5mins

Serves: 2

Ingredients

1 piece of salmon
Left-over bean salad

Preparation

1. Grill or bake 1 piece of salmon and serve with the bean salad. Note: only eat $\frac{1}{2}$ a piece of salmon and save the other half for lunch the next day.



day 4

TOTAL KITCHEN TIME: 0 MINS

BREAKFAST:

COCONUT YOGHURT WITH BERRIES, ALMONDS
& WALNUTS

LUNCH:

SALMON + BEAN SALAD

(Left-overs)

SNACK:

GREEN VEGETABLE JUICE

TA

(Prepare all the vegetables as previously directed in the “prep day” for 3 serves or buy this take away from a juice bar or café.)

DINNER:

SCRAMBLED EGGS MASH-UP

(Left-overs)

Heat and serve with a side of bacon or avocado.

Note: Eggs are traditionally used for breakfast, although who said we cannot eat them for dinner? They are a great, quick, go to dinner or snack that is loaded with wonderful nutrients, protein and good fats for your body!

BREAKFAST:

COCONUT YOGHURT WITH BERRIES, ALMONDS & WALNUTS

LUNCH:

3 X BROWN RICE CAKES WITH BUTTER + AVOCADO + TOMATO + GRILLED CHICKEN OR CANNED SALMON

(Layer ingredients on top of the rice cakes to build an open sandwich stack and add salt + pepper to taste - you choose what protein you would prefer!)

SNACK:

GREEN APPLE SLICES + ALMOND BUTTER

DINNER:

SPICY CHICKEN VEGETABLE CURRY + QUINOA

Prep Time: 25mins

Serves: 4-5

Ingredients

- 1 onion
- 1 tsp. garlic
- 1 tsp. ginger
- 2 tomatoes
- ½ tsp. turmeric powder
- ½ tsp. chilli powder
- 1 tbsp. cumin powder
- 1 tbsp. coriander powder
- ½ tsp. mustard powder
- ½ sweet potato (roughly chopped into small pieces)
- 1 broccoli (cut into pieces)
- 1 cup of peas
- ½ cup of coconut cream
- 4 large chicken breasts cut into pieces.

Preparation (see over)

day 5

TOTAL KITCHEN TIME: 25MINS





day 5

TOTAL KITCHEN TIME: 25MINS

DINNER:

SPICY CHICKEN VEGETABLE CURRY + QUINOA

Preparation

1. In a large pot, sauté the onion, tomato, ginger and garlic in some good quality oil (such as rice bran oil or avocado oil).
2. Add in turmeric, chilli, cumin, coriander and mustard powders with a little bit of water so the mixture does not stick and it becomes a paste like consistency. Simmer on low for 5 mins (add in more water if it starts to stick.)
3. Add in your chicken pieces and mix through.
4. Add in more water so it just covers the chicken and cover the pot with a lid, cooking on medium heat for 10mins.
5. Add the sweet potato, broccoli and peas to the mixture, cover with lid and cook for another 10mins.
6. To finish, you can thicken the curry by stirring through $\frac{1}{2}$ cup of coconut milk or sheep's yoghurt, switch off stove and let sit for 5mins before serving with quinoa.
7. Place 2 serve portions in freezer to store and the other 2 serves in the fridge.

BREAKFAST:

GREEN VEGETABLE JUICE + CHIA SEEDS +
HANDFUL OF NUTS

TA

LUNCH:

CHICKEN VEGETABLE CURRY + QUINOA

(Left-overs)

NOTE: Store the last remaining left-over curry in the freezer!

SNACK:

HANDFUL OF ALMONDS

DINNER:

GRILLED BARRAMUNDI & SALAD

Prep Time: 10mins

Serves: 2

Ingredients

- 2 pieces of barramundi (or fish of your choice)
- 2 cucumbers (diced)
- 1 capsicum (diced)
- 2 carrot (grated)
- 1 red onion (diced)

Preparation

1. Lightly fry / grill barramundi until cooked to desired liking – add salt to taste.
2. To make the salad, combine diced cucumber, red onion, capsicum and carrot. Dress the salad with some olive oil, tamari sauce and fresh chilli.
3. Store left overs in fridge for next day lunch.

day 6

TOTAL KITCHEN TIME: 15MINS



BREAKFAST: **CHOCOLATE PROTEIN SHAKE**

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½ cup coconut milk (Pure harvest best brand to buy)
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1 handful of spinach leaves
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2 tablespoons of LSA
1 tablespoon of chia seeds
2 tablespoons of protein powder (Vital Protein – Pea Protein Powder Chocolate flavour or RAW Protein – Cacao & Coconut or Slim & Tone is the best to buy)

Preparation

1. Blitz all ingredients together and enjoy.

LUNCH: **GRILLED BARRAMUNDI & SALAD**

(Left-overs)

SNACK: **GREEN VEGETABLE JUICE**

TA

DINNER: **SPICY CHICKEN DRUMSTICKS WITH BEETROOT + PUMPKIN QUINOA**

Prep Time: 15 mins

Serves: 2

SPICY CHICKEN DRUMSTICKS (SEE OVER)

day 7

TOTAL KITCHEN TIME: 17MINS





day 7

TOTAL KITCHEN TIME: 17MINS

SPICY CHICKEN DRUMSTICKS

Ingredients:

- 2 chicken drumsticks
- 3 tbsps. good quality baking oil (avocado, grapeseed, rice bran or macadamia)
- 2 tbsps. tamari sauce
- 1 tspn chilli powder
- 1 tspn turmeric powder
- 1 tspn cumin powder
- 1 tspn coriander powder

Preparation:

1. Place oil, tamari sauce and powders into a large bowl, mix well until it forms a runny paste consistency.
2. Add in the chicken pieces to the paste and coat the chicken with your hands or spoon. (I enjoy getting my hands dirty)
3. Place marinated chicken pieces on a baking tray and cook in oven at 200 degrees for 15 -20 minutes, turning at 10mins.

BEETROOT + PUMPKIN QUINOA

Ingredients:

- 2 beetroots
- ½ pumpkin
- 2 cups of quinoa

Preparation:

1. Skin beetroot and pumpkin and cut into chunk size small pieces.
2. Place in a baking tray, drizzle with oil and pop in oven to cook at 180 degrees for approximately 10-15mins or until vegetables are soft and cooked through. You may need to turn the vegetables at 5–10mins so they do not burn.
3. Rinse your quinoa and cook with 4 cups of water.
4. Once cooked, drain and place the quinoa in a large serving bowl.
5. Mix in cooked vegetables when done.
6. Season with fresh lemon, drizzle of olive oil, salt and pepper.
7. For dinner, serve the quinoa vegetable mix with 2 chicken drumsticks.

NOTE: While this is cooking make a batch of Chia, Coconut & Berry Puddings (as previously advised in the "preparation section" for next week.)

NOTE: Make extra quinoa or brown rice to store in the fridge for recipes next week.