

PREPARATION

To set you up for success before you start your busy week, I would encourage you to spend some time the day before preparing the below for your meal program. This way you can store the food in the fridge for the week and use it when required.

In total you will need approx. 30mins cooking / preparation time for all of the below.

I would advise to pop the quinoa on first to cook while you make the chicken vegetable stir-fry. At the end or while you are making the chicken & vegetable quinoa, you can blitz up the chia pudding and chocolate mousse which is super easy and takes minutes!

This will give you a nice little head start in the first week of the program, as beginning something new and creating new habits can always be challenging.

QUINOA

Prep Time: 10mins

Serves: 4-5

1. Rinse 3 cups of quinoa in some water
2. Strain the water and refill with 7 cups of water
3. Bring to boil and then lower to simmer.
4. Simmer for 10 - 15mins. You want to keep stirring.
5. Remove from heat, strain and let cool.

GREEN JUICING VEGETABLES

Prep Time: 5mins

Serves: 3 Cups

1. 3 Cucumbers – wash and store
2. 1 Bunch Celery – wash and cut the base and leaves off to dispose. Cut the stems in half and store.
3. 3 Green Apples – wash, cut in half and store.
4. 3 Lemons – skin peeled.
5. 1 bunch of Kale – wash and store.
6. Wash, cut and store vegetables in air tight container in fridge.

prep day

TOTAL KITCHEN TIME: 30MINS



CHIA, COCONUT & BERRY PUDDING

Prep Time: 5mins

Serves: 4 Serves / Cups

Ingredients

2 cups almond milk
2/3 cup of chia seeds
1/2 cup berries
Almond butter
4 tbsps. desiccated coconut

Preparation

1. In a mixing bowl, combine almond milk and chia seeds well. Stir through the chia seeds until you notice the seeds starting to clump, keep stirring until all mixed through well.
2. Pour equal amounts of the mix into 4 cups / glasses.
3. Cover with gladwrap and place in fridge overnight.
4. Once the chia seeds have set in the mix overnight, remove and add your toppings of desiccated coconut, almond butter and berries and serve.
5. Make sure to experiment with this, you can add pepitas, sunflower seeds and anything you like to add a nutritional impact!

prep day

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CHOCOLATE BERRY DELIGHT

Prep Time: 5mins

Serves: 3-4

Ingredients

¼ cup almond milk
½ cup coconut milk
1 tablespoon chia seeds
10 drops stevia liquid
1 tablespoon coconut nectar
2 avocados
¼ cup raw cacao powder
1 handful of fresh berries (topping)
1 handful desiccated coconut (topping)

Preparation

1. Whiz all ingredients together in a blender until smooth, add in more coconut milk if the mixture is too thick to help blend.
2. Scoop the mixture into small serving cups, cover with glad wrap and store in fridge to chill for at least 1 -2 hours.
3. Top with coconut and fresh berries.

Note: Feel free to experiment with the sweetness of this and add more stevia or coconut nectar as desired. Promise you won't even taste the avocado! Your taste buds will change over time, although if this is too strong in taste to begin with, just swap in another food option where this is recommended throughout the meal program.

For example; Protein Shake, Eggs, Chia Pudding or Homemade Chocolate (Additional Resources) + Nuts, Green Juice or Cashew Cheese + Vegetable Sticks.



CHICKEN & VEGETABLE QUINOA

Prep Time: 20mins

Serves: 4

Ingredients

- 1 bunch of kale
- 1 pumpkin
- 1 cup of peas
- 3 cups of pre-cooked quinoa
- 1 tablespoon of garlic
- 2 chicken breast fillets (diced)

Preparation

1. Cut pumpkin and kale into pieces
2. Cut chicken into pieces to your desired liking and lightly stir-fry in some oil with garlic until cooked through.
3. Add in kale, peas and pumpkin and cook through until pumpkin is soft. Cover with a lid if needed to cook quicker.
4. Season with a few pinches of salt.
5. In a large serving bowl, mix in chicken, kale, pea and pumpkin with the quinoa.
6. Top with some fresh chilli and lemon.
7. Store in fridge

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