

BREAKFAST:

EGG FRITTATA

TA

Prep Time: 10mins

Serves: 2

Ingredients

4 eggs
¼ cup almond milk
1 handful of spinach leaves
½ tomato
Handful chopped mushrooms
½ onion

Preparation

1. Whisk the eggs together in a bowl while sautéing the spinach, tomato, mushrooms and onion in some oil in a large saucepan until lightly cooked through.
2. Pour eggs into saucepan and cover with lid so egg can cook through.
3. Once the eggs have cooked through, plate and cut into half.
4. Serve yourself one half with half an avocado.
5. Store the other piece in the fridge.

day 1

TOTAL KITCHEN TIME: 25MINS

LUNCH:

CHICKEN & VEGETABLE QUINOA

(Pre-prepared – just heat and serve with a dressing of olive oil, fresh lemon & salt)

SNACK:

CHOCOLATE BERRY DELIGHT

(Pre-prepared)

day 1

TOTAL KITCHEN TIME: 25MINS

DINNER:

SWEET POTATO & CAULIFLOWER MASH WITH PAPRIKA CHICKEN

Prep Time: 15mins

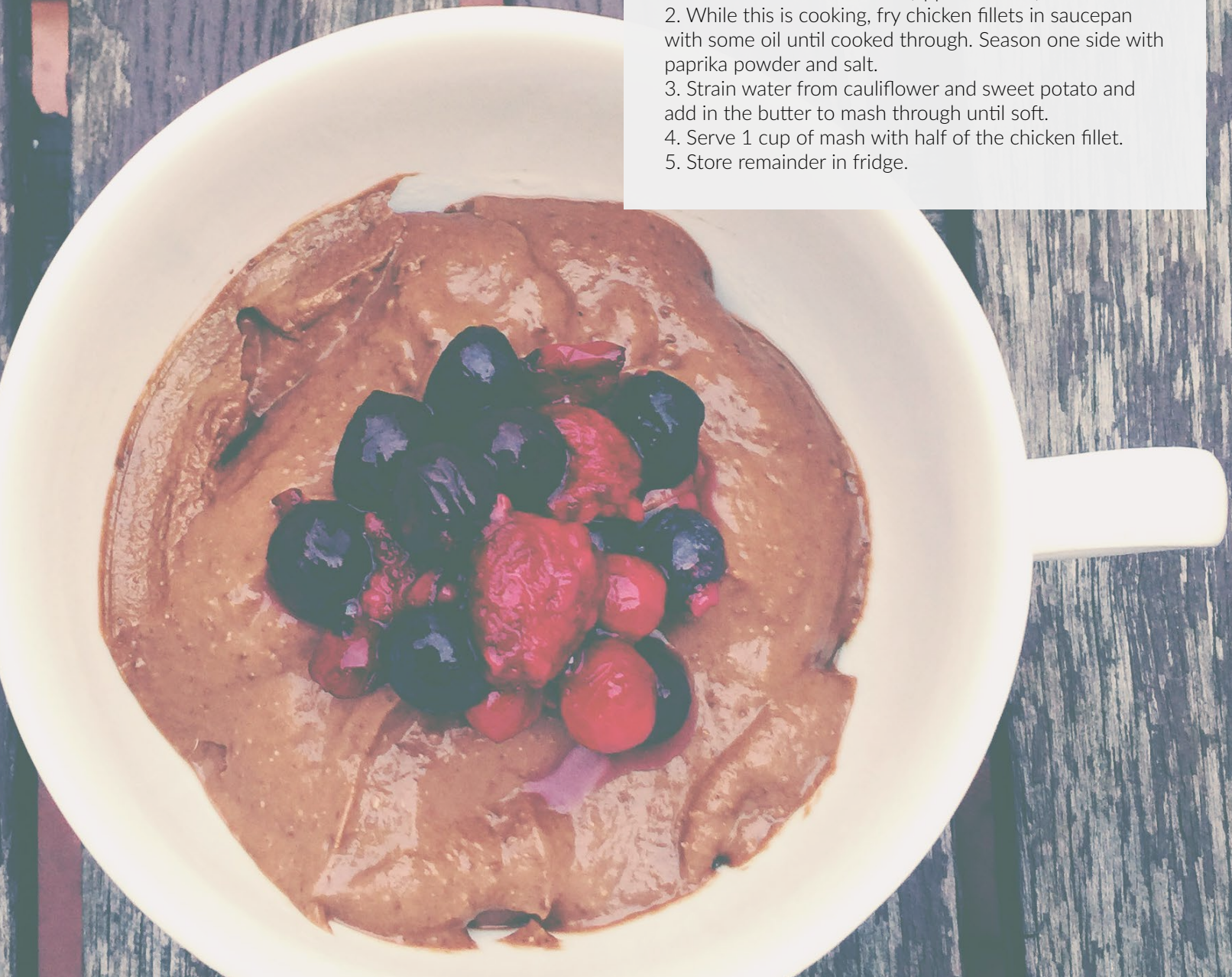
Serves: 2

Ingredients

- 1 large chicken breast (no bigger than a palm size portion for plating)
- 1 sweet potato (skinned and cut into large chunks)
- ½ cauliflower (cut into large chunks)
- 2 tablespoons of organic butter

Preparation

1. In a large pot boil cauliflower and sweet potato in water until soft and cooked (approx. 5mins).
2. While this is cooking, fry chicken fillets in saucepan with some oil until cooked through. Season one side with paprika powder and salt.
3. Strain water from cauliflower and sweet potato and add in the butter to mash through until soft.
4. Serve 1 cup of mash with half of the chicken fillet.
5. Store remainder in fridge.



BREAKFAST:

GREEN VEGETABLE JUICE WITH CHIA SEEDS + HANDFUL OF ALMONDS / WALNUTS

TA

Prep Time: 0mins

Serves: 1

Ingredients

- 1 cucumber
- 1 green apple
- 1 lemon
- 3 kale leaves
- 4 stems of celery

Preparation

1. Using pre-prepared vegetables, juice 1 x cucumber, 1 x green apple, 1 x lemon, 3 x kale leaves & 4 x stems of celery.
2. Place in a large cup and add in 1 tablespoon of chia seeds, stir through and drink. (Note, if chia seeds start to clump, just stir through again while drinking.)
3. After juice enjoy a handful of almonds and walnuts.

Note: You can grab this freshly made from a juice bar or local café. If they do not have all the ingredients always just choose, celery, cucumber, green apple, lemon and spinach at least.

Note: To save extra time you can make a larger batch of juice and store in air tight containers in pitch black in the fridge so it does not oxidise.

LUNCH:

CHICKEN & VEGETABLE QUINOA

(Pre-prepared – just heat and serve with some olive oil dressing & salt)

SNACK:

2 X BROWN RICE CAKES WITH AVOCADO & SLICED TOMATO





day 2

TOTAL KITCHEN TIME: 30 MINS

DINNER:

SWEET POTATO & CAULIFLOWER MASH WITH PAPRIKA CHICKEN

(Left-overs)

Note: If you want to add something extra to this, lightly sauté a few handfuls of spinach in some butter as a side or steam some broccoli.

NEXT DAY PREP:

PRE-SOAK 3 CUPS OF BROWN RICE IN SOME WATER OVERNIGHT.

Brown rice needs to be soaked in water for a minimum of 2hrs so the outer shell of the grain softens. This will make it easier to digest and will ensure the beneficial enzymes are released.

BREAKFAST:
CHIA, COCONUT & BERRY PUDDING

(Pre-prepared on Sunday)

LUNCH:
EGG FRITTATA WITH SMASHED AVOCADO

(Left-over half, just heat and serve with smashed avocado.)

TA

SNACK:
CHOCOLATE BERRY DELIGHT

(Pre-prepared)

day 3

TOTAL KITCHEN TIME: 20MINS



DINNER:

VEGETABLE FRIED RICE

Prep Time: 20mins

Serves: 3

Ingredients

¼ cup of tamari sauce
½ sweet potato (cut into small pieces)
½ eggplant (cut into small pieces)
1 tomato (diced)
1 onion (diced)
1 bunch bok choy
1 capsicum (diced)
1 cup peas
3 cups of pre-cooked brown rice
2 chillies
Chopped ginger & garlic (to your desire or approx. 1
tablespoon each)
Salt + pepper

Preparation

1. In a wok or large pan, sauté onion and tomato in some good quality oil until soft.
2. While cooking the vegetables, boil the pre-soaked brown rice to cook, (see details below.)
3. Add in chili, garlic, ginger & simmer for a few more minutes.
4. Add in sweet potato, eggplant and capsicum pieces and cook through until sweet potato is soft. (Keep mixing so the vegetables do not stick to the bottom and if this happens you can add a tiny bit of water.)
5. Add in bok choy, peas and tamari sauce and cook through until bok choy has wilted
6. Add in the pre-cooked brown rice.
7. Mix vegetables through the brown rice and leave on low for 5mins to heat through.
8. Serve yourself 1 portion and store the remaining 2 portions in the fridge.

BROWN RICE

Prep Time: 20mins

Serves: 5-6

1. Strain the water from the brown rice you pre-soaked overnight and refill the pot with 8 cups of water. Bring to boil and then lower to a medium heat to cook for 20mins – 30mins. You want to keep stirring every 10mins to ensure the rice does not burn at the bottom of pot. Add in more water if needed so the rice does not stick or absorb all the water.
2. Remove from heat, strain and let cool. The rice can store in the fridge for up to a week.



day 3

TOTAL KITCHEN TIME: 20MINS

BREAKFAST:

BREAKFAST: CHIA, COCONUT & BERRY PUDDING

(Pre-prepared)

LUNCH:

VEGETABLE FRIED RICE

(Left-overs)

Heat and serve one portion.

SNACK:

GREEN VEGETABLE JUICE

TA

DINNER:

SIMPLE QUINOA SALAD WITH TUNA

Prep Time: 5mins

Serves: 2

Ingredients

- ½ red onion
- 1 tomato
- 1 cucumber
- 1-2 cups of quinoa (pre-cooked)
- 2 handfuls of spinach leaves
- 1 can of tuna (spring water or olive oil)
- 1 lemon
- 1 chilli

Preparation

1. Roughly dice ½ red onion, 1 tomato and 1 cucumber.
2. Combine the onion, tomato and cucumber with the left over pre-cooked quinoa (approx. 1-2 cups) and mix through 2 handfuls of spinach leaves.
3. Dress the quinoa salad with freshly squeezed lemon, olive oil and fresh chilli.
4. To serve: use half of the quinoa salad you just made with 1 can of spring water or olive oil tuna.
5. Keep the other half of the quinoa mix for next day lunch.

day 4

TOTAL KITCHEN TIME: 5MINS



BREAKFAST:

BREAKFAST: CHIA, COCONUT & BERRY PUDDING

(Pre-prepared)

LUNCH:

SIMPLE QUINOA SALAD WITH TUNA

(Left-overs)

SNACK:

GREEN VEGETABLE JUICE WITH HANDFUL OF NUTS

TA

DINNER:

OPEN BURGER + SWEET POTATO CHIPS

TA

*TA. - Just ask for lettuce bun instead of bread
bun and no sauces.*

Prep Time: 15mins

Serves: 2

Ingredients

500g of mincemeat (preferably organic)

1 egg

2 handfuls of spinach leaves

1 tomato (cut into slices)

1 onion (diced)

1 cup of cashews (pre-soak in water for 1 hour to add
extra flavour but not essential)

Preparation (see over)

day 5

TOTAL KITCHEN TIME: 15MINS



day 5

TOTAL KITCHEN TIME: 15MINS

DINNER:

OPEN BURGER + SWEET POTATO CHIPS

Preparation (cont.)

1. In a mixing bowl use your hands to combine mince-meat with raw egg until the mixture becomes sticky and starts combining.
2. Take a small handful of mince meat and roll into balls, then flatten to make a meat patty.
3. In a saucepan cook two of the mince patties in some oil while lightly sautéing the cut onion in the same pan alongside the patties.
4. In a blender / food processor, add 1 cup cashews to $\frac{1}{4}$ cup water and blitz until cashew mixture is creamy, add in pinch salt to taste - if needed add more water. If there is left over mixture, store in fridge for pie later in the week.
5. In a separate serving bowl, build a stack of spinach leaves, tomato slices and add 1 heaped tablespoon of cashew cheese on top.
6. Add cooked mince patties on top of cashew cheese and sautéed onion on top to finish your burger stack.
7. Serve with a side of sweet potato chips (optional)

SWEET POTATO CHIPS (OPTIONAL)

Prep Time: 15mins

Serves: 2

Ingredients:

- 1 sweet potato
- 3 tablespoons of good quality oil

Preparation:

1. Skin and cut the sweet potato into even size chip rectangles (as thick or thin as you like)
2. Place sweet potato pieces in a baking tray, sprinkle oil over the chips and use your hands to make sure all chips are covered in the oil. (Use your discretion with the oil.)
3. Place chips in oven uncovered for 20-25 minutes, turning every 5-10mins at 200 degrees.

BREAKFAST:

ALMOND PANCAKES WITH COCONUT YOGHURT & BERRIES

Prep Time: 5mins

Serves: 2

Ingredients

- 1 cup of almond meal
- 2 eggs (whisked)
- 1/3 cup of almond milk

Preparation

1. Combine all ingredients to form pancake mixture
2. Add 1 teaspoon of butter to saucepan and add in pancake mixture.
3. Cook through then flip.
4. Top with butter, coconut yoghurt & berries

LUNCH:

VEGETABLE FRIED RICE

(Last left-over portion)

SNACK:

CHIA, COCONUT & BERRY PUDDING

(Pre-prepared)

DINNER:

OPEN BURGER

(Left-overs)

Or give yourself an option to EAT OUT! This can be an experiment to see what you can order when eating out that serves you well. (See eating out options.)

day 6

TOTAL KITCHEN TIME: 5MINS

BREAKFAST:

POACHED EGGS WITH BACON, SPINACH, MUSHROOM & AVOCADO

TA

Prep Time: 5mins

Serves: 1

Ingredients

- 2 eggs
- 1 piece of bacon
- ½ cup mushrooms
- 1 cup of spinach leaves
- 1 avocado

Preparation

1. Poach or boil 2 eggs
2. Cook bacon to desired liking (opt for nitrate, gluten free bacon)
3. Sauté mushroom & spinach in some butter in pan.
4. Smash 1 avocado to serve.

Note: You can also get this from a café if you wish to eat out, just ask them to leave the bread off!

LUNCH:

SHEPHERD'S PIE

Prep Time: 15-20 mins

Serves: 3-4

Ingredients

- 500grams Meat Mince
- 1 cup of peas
- 1 tomato
- 1 onion
- ½ capsicum
- 1 carrot
- 1 cauliflower
- ½ sweet potatoes or ½ pumpkin
- 1 cup of cashews (pre-soak in water for 2 hours)
- Salt + pepper to taste

Preparation:

1. In a glass baking dish - line sides with butter to prevent sticking
2. In some oil, lightly sauté chopped onion, tomato, mince-meat with a sprinkle of salt and pepper until the meat is cooked, (approx. 10mins.)
3. Add in diced capsicum, carrot & peas and cook for another 5 minutes.
4. (see over)

day 7

TOTAL KITCHEN TIME: 30MINS





day 7

TOTAL KITCHEN TIME: 25MINS

SHEPHERD'S PIE

Preparation (cont.)

4. In a blender / food processor, add 1 cup cashews to 1/4 cup water and blitz until cashew mixture is creamy - if needed add more water.
5. In a separate pot, while cooking the mincemeat, boil chopped cauliflower & sweet potato in some water.
6. When the sweet potato and cauliflower is cooked through, strain the water, add 1 heaped tablespoon of butter and mash.
7. In your glass baking dish add in the meat mince mixture and flatten as a bottom layer using a spatula.
8. Add the mashed sweet potato & cauliflower as the next layer and flatten using a spatula.
9. Top with the final cashew cheese layer and using a fork or knife - place some holes in the mixture for the heat to cook through.
10. Place in oven to cook on medium for 10mins or until cashew cheese is slightly brown.

SNACK:

HANDFUL OF ALMONDS & WALNUTS

DINNER:

ROASTED CHICKEN + VEGGIES

Prep Time: 10mins

Serves: 3

Ingredients:

- 1 whole chicken
- Butter
- 1 broccoli
- 1 sweet potato
- 1 carrot
- Turmeric powder

Preparation:

1. Place whole chicken in a deep baking tray.
2. Cut small 4 holes into skin of chicken (breast and thighs) and push chunks of butter through to sit under skin.
3. Sprinkle 2 tablespoons of oil over chicken cover with foil and pop in oven for 15mins.
4. Turn chicken over to cook for another 15mins without foil.
5. During this same cooking time, roughly cut broccoli, sweet potato and carrots into chunks and place into another baking tray.
6. Drizzle with oil, turmeric powder and place in oven for 15mins or until cooked through covered with foil.
7. When chicken is done, cut and serve with cooked vegetables. Store left-overs in fridge.