

BREAKFAST:

CHIA, COCONUT & BERRY PUDDING

(Pre-prepared)

LUNCH:

LEFT-OVER BEETROOT, PUMPKIN QUINOA TOPPED WITH CRUSHED WALNUTS

Prep Time: 5mins

Serves: 1

Ingredients

Handful spinach leaves

½ cup walnuts (crushed or chopped finely)

1 chilli

½ lemon

Preparation:

1. Heat the left over vegetable quinoa, mix through a handful of spinach leaves & top with crushed walnuts.
2. Dress with lemon, fresh chilli & a sprinkle of olive oil.

SNACK:

SLICED GREEN APPLE TOPPED WITH ALMOND BUTTER

day 1

TOTAL KITCHEN TIME: 20MINS



day 1

TOTAL KITCHEN TIME: 20MINS

DINNER: **DHAL CURRIED LENTILS**

(Eat as soup or with a cup of brown rice or quinoa)

Prep Time: 15mins

Serves: 3

Ingredients:

- 1 cup of red lentils
- 1 tomato (diced)
- 1 onion (diced)
- 2 chillies (diced)
- 1 tablespoon garlic
- 1 teaspoon turmeric

Preparation:

1. Boil 1 cup of red lentils with water (cover the lentils with water so it is at least 5mls over the lentils).
2. If the lentils become too gluggy add a bit more water into the mixture. The lentils are cooked once it becomes really soft, thick mixture with a yellow colour. Approximately 10mins.
3. In a large pot at the same time, lightly fry tomato, onion, some chilli, garlic, salt and turmeric.
4. Add the cooked lentils to the large pot and mix through the tomato, onion, turmeric mixture with the lentils for another 3 -5mins on a high heat.
5. Mix in 2 handfuls of chopped spinach at the end so it is softened through.
6. Divide mix into 3 portions - serve yourself one portion, store one in the fridge and the remaining portion in the freezer to eat later in the week!

BREAKFAST:

GREEN VEGETABLE JUICE + CHIA SEEDS & HANDFUL OF NUTS

TA

LUNCH:

DHAL CURRIED LENTILS

(Left-overs - Serve as soup or with a cup of brown rice / quinoa.)

Note: Store remaining left-overs in freezer.

SNACK:

CHIA, COCONUT & BERRY PUDDING

(Pre-prepared)

DINNER:

SPICY CHICKEN VEGETABLE CURRY WITH QUINOA

(Use the last of the left-over mix – defrost from freezer, heat and serve with some quinoa.)

day 1

TOTAL KITCHEN TIME: 0 MINS



BREAKFAST:

2 X FRIED EGGS ON RICE CAKES WITH SAUTÉED SPINACH + SMASHED AVOCADO

(Assemble this as a stack, using the rice cakes as you would bread)

LUNCH:

SIMPLE GRILLED CHICKEN SALAD

TA

Prep Time: 5mins

Serves: 1

Ingredients

1 piece of chicken breast
Paprika
Handful of spinach leaves
½ tomato
Handful of olives
½ onion
1 cucumber
¼ yellow capsicum
½ cup cooked peas
1 avocado
Goat's cheese (optional – do not use if you want to stick to no dairy)
½ lemon

Preparation:

1. Grill a piece of chicken, seasoned with paprika.
2. While cooking the chicken, quickly prep the salad by chopping and combine a handful of spinach leaves, tomato, olives, onion, cucumber, yellow capsicum, peas and avocado. Add in the chicken once done and dress with olive oil and fresh lemon.

SNACK:

CHIA, COCONUT & BERRY PUDDING

(Pre-prepared)

day 3

TOTAL KITCHEN TIME: 15MINS



day 3

TOTAL KITCHEN TIME: 15MINS

DINNER:

GARLIC GREENS STIR-FRY WITH STEAK

Prep Time: 10mins

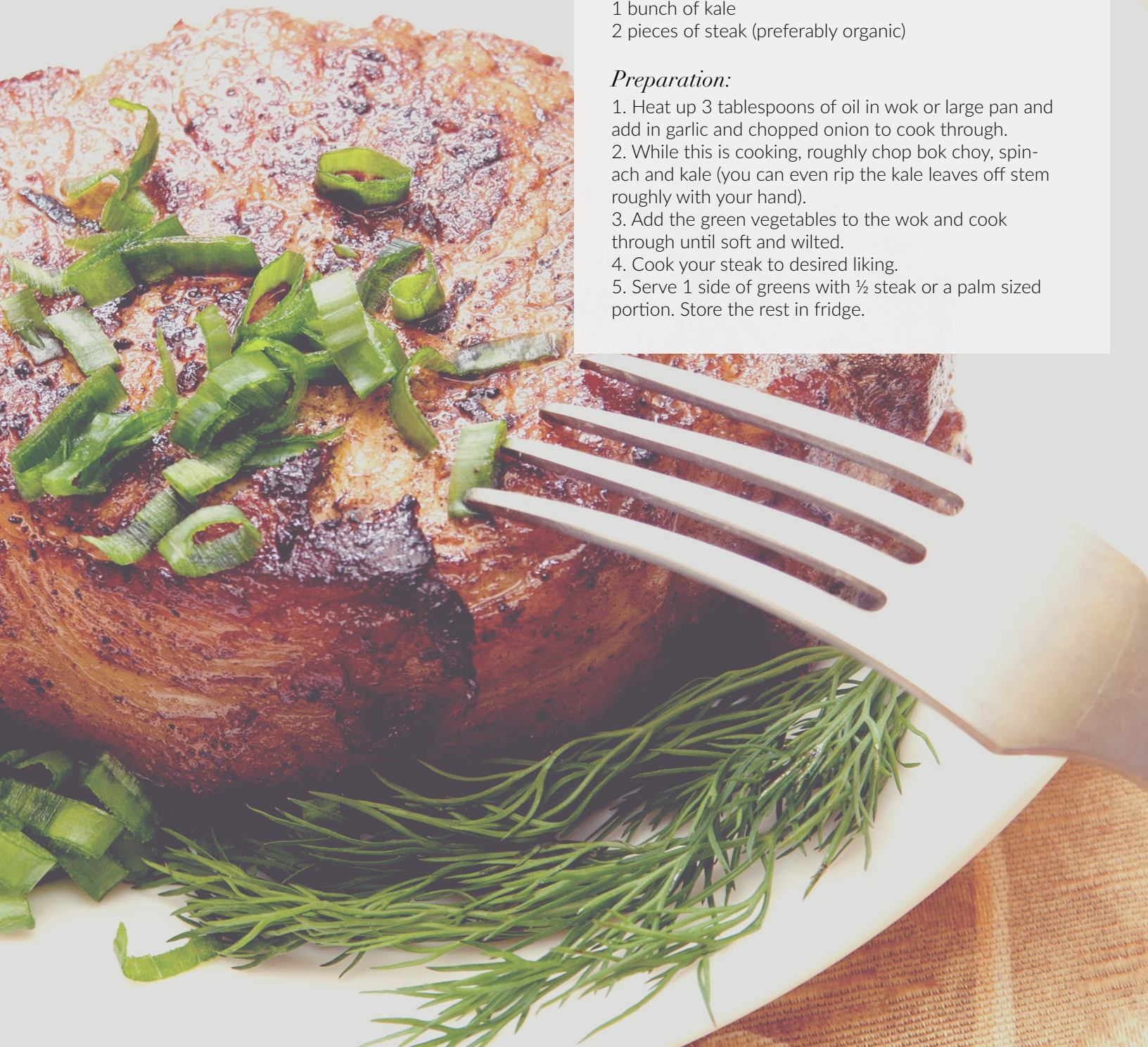
Serves: 2

Ingredients:

- 2 tablespoons garlic
- 1 onion
- 2 bunches of bok choy
- 1 bunch spinach or 1 packet of spinach
- 1 bunch of kale
- 2 pieces of steak (preferably organic)

Preparation:

1. Heat up 3 tablespoons of oil in wok or large pan and add in garlic and chopped onion to cook through.
2. While this is cooking, roughly chop bok choy, spinach and kale (you can even rip the kale leaves off stem roughly with your hand).
3. Add the green vegetables to the wok and cook through until soft and wilted.
4. Cook your steak to desired liking.
5. Serve 1 side of greens with $\frac{1}{2}$ steak or a palm sized portion. Store the rest in fridge.



BREAKFAST: **CHOCOLATE PROTEIN SHAKE**

TA

Prep Time: 2mins

Serves: 1

Ingredients

½ cup coconut milk (Pure harvest 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 (preferably pea or brown rice protein)

Preparation:

1. Blitz all ingredients together and enjoy.

LUNCH: **GARLIC GREENS STIR-FRY WITH STEAK**

Note: Cut the left over steak into small pieces and mix with the left over greens stir-fry and some quinoa. Warm up the mix in microwave and serve with a side of smashed avocado, fresh tomato and freshly squeezed lemon.

SNACK: **HANDFUL OF NUTS**

day 4

TOTAL KITCHEN TIME: 12MINS





day 4

TOTAL KITCHEN TIME: 10MINS

DINNER:

QUICK VEGETABLE BEAN SOUP

Prep Time: 10mins

Serves: 2

Ingredients:

2 zucchinis
2 tomatoes'
1 clove garlic
1 can cannellini beans (organic) – strained and washed well.
1 cup mushrooms
1 chilli
1 cup water (add more as necessary if mixture is too thick)

Preparation:

1. Chop zucchinis, tomatoes, mushrooms into small pieces.
2. Blitz the beans, vegetables, water, chilli and garlic in food processor or blender until soup consistency.
3. Heat the soup mixture in a saucepan until hot and cooked through for approximately 5-10mins and serve. Store remainder in fridge.

(Note: I like to add some brown rice or quinoa to the mix for extra fullness!)

BREAKFAST: **EGG FRITTATA**

TA

Prep Time: 5mins

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 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 an avocado.
5. Store the other piece in the fridge.

LUNCH: **QUICK VEGETABLE BEAN SOUP**

(Left-overs)

Note: I like to add in some brown rice or quinoa to the mix for extra fullness!

SNACK: **GREEN VEGETABLE JUICE + HANDFUL OF NUTS**

TA

(Prep vegetables for juicing over next few days as directed in the “Prep Day”.)

day 5

TOTAL KITCHEN TIME: 15MINS



day 5

TOTAL KITCHEN TIME: 15MINS

DINNER:

SWEET POTATO, BROCCOLI & PEA MASH WITH BAKED SALMON

Prep Time: 10-15mins

Serves: 2

Ingredients

1-piece salmon (no bigger than a palm size portion for plating. If you prefer, you can cut the salmon in half and just bake one half and leave the other half to cook tomorrow)

1 sweet potato (skinned and cut into large chunks)

1 broccoli (cut into large chunks)

2 cups peas

2 tablespoons of organic butter

Preparation

1. In a large pot boil vegetables until soft and cooked (approx. 5-10mins).

2. While this is cooking, place salmon pieces in a baking tray with a drizzle of oil, pinch of salt and cover with foil. Pop in the oven for 10-15mins on high heat or until cooked through to your desired liking.

3. Strain water from the vegetables, add in the butter and mash through until soft.

4. Serve 1 cup of mash with half a piece of salmon and a wedge of fresh lemon.

5. Store remainder in fridge.

BREAKFAST:

BREAKFAST: EGG FRITTATA (LEFT-OVERS) WITH SMASHED AVOCADO

TA

LUNCH:

TUNA STACK

Prep Time: 2mins

Serves: 1

Ingredients

4 brown rice cakes
1 avocado
1 can of tuna
½ tomato
½ red onion
½ cucumber

Preparation:

1. Top rice cakes with avocado, some spring water or olive oil canned tuna, sliced tomato, cucumber and red onion. Season with salt + pepper.

SNACK:

GREEN VEGETABLE JUICE + HANDFUL OF NUTS

TA

DINNER:

SWEET POTATO, BROCCOLI & PEA MASH WITH BAKED SALMON

(Left-overs)

Note: You can serve yourself the left-over mash and just bake a fresh piece of salmon if you like!

day 6

TOTAL KITCHEN TIME: 2MINS



day 7

TOTAL KITCHEN TIME: 25MINS

BREAKFAST: **NUT PORRIDGE**

Prep Time: 5 mins

Serves: 2

Ingredients:

8 tablespoons shredded coconut
4 tablespoons almond flour
2 tablespoons pumpkin seeds
1 tablespoon flaxseeds
2 tablespoons ground cinnamon powder
60g walnuts
Rice malt syrup or stevia
Fresh or frozen berries
¼ cup coconut milk (optional)

Preparation:

1. Place all ingredients in a food processor or blender and blend until forms a fine powder.
2. Take out a small bowl sized portion of mix and pour boiling water over it, stirring to combine.
3. Top with a teaspoon of stevia, tablespoon of rice malt syrup or maple syrup and berries.
4. Mix through a dash of coconut milk if you feel like you need an extra creamier hit!
5. Store rest of the powder mixture in air tight container in fridge for later.

LUNCH: **DHAL CURRIED LENTILS**

(Left-overs – Defrost from freezer, heat and serve with some quinoa or brown rice!)

SNACK: **GREEN VEGETABLE JUICE + HANDFUL OF NUTS**

TA

DINNER:

ROASTED VEGETABLES + LAMB CUTLETS

TA

Prep Time: 20mins

Serves: 3

Ingredients:

- ½ butternut pumpkin (cut into chunks)
- 1 cauliflower (cut into chunks / florets)
- 2 carrots (cut into chunks)
- 2 cups brussels sprouts (cut in halves)
- 1 red onion
- 4 lamb cutlets

Preparations:

1. Throw all chunk sized vegetables into large baking tray, drizzle with oil, salt + pepper, cover with foil and place in oven to cook for 20mins on 200 degrees. You may need to turn vegetables so they do not stick and check softness of pumpkin and cauliflower to tell when complete.
2. In the meantime, cook lamb cutlets in a saucepan until desired liking.
3. Serve ⅓ of vegetables with 2 cutlets. Split the remaining vegetables into 2 portions and store in the fridge.

day 7

TOTAL KITCHEN TIME: 25MINS

