# BREAKFAST: Nut porridge

(Use the stored remaining mix to make, just add boiled water and your favourite toppings!)

# LUNCH: ROASTED VEGETABLES WITH QUINOA

(Left-overs)

Note: Just mix through one of the portions of the left over vegetables from last night with some quinoa, heat and serve with fresh chilli, herbs, avocado, lemon and anything else to taste! Drizzle a tiny bit of olive oil to the mix if too dry.

# SNACK: GREEN VEGETABLE JUICE

DINNER:
LAMB CUTLETS + ROASTED VEGETABLES

(Left-overs – Heat and serve last remaining portion of the vegetables with the 2 remaining lamb cutlets.)

Note: Prepare Chocolate Berry Delight. See PREP DAY for recipe.

Feel free to prepare Chia, Coconut Berry Pudding instead if you prefer this!



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# BREAKFAST: SCRAMBLED EGGS, BACON AND SMASHED AVOCADO

Prep Time: 5mins

Serves: 1

### Ingredients:

2 eggs

4 pieces of bacon

½ avocado

### Preparation:

- 1. Whisk the eggs and then scramble in a pan with 1 teaspoon of butter.
- 2. Cook all pieces of bacon.
- 3. Serve eggs, with one piece of bacon and ½ smashed avocado. Store rest of the bacon in the fridge for lunch.

# LUNCH: BACON AND VEGETABLE HASH

Prep Time: 5 mins

Serves: 2

#### Ingredients:

- 1 bunch kale leaves (rip off stems loosely ready to cook)
- 1 cup brussels sprouts (cut in half)
- 1 red capsicum (chopped)
- 1 cup of cooked quinoa

#### Preparation:

- 1. Sauté kale, brussels sprouts and capsicum in a pan with some oil or ghee until cooked.
- 2. Cut up & heat left over bacon (3 rashes) into small
- 3. Mix bacon and 1 cup of cooked quinoa through vegetable mix and serve 1 small bowl. Store the left over mix in the fridge.

# SNACK: CHOCOLATE BERRY DELIGHT

(Pre-prepared)

# DINNER: CHICKEN VEGETABLE STEW WITH BROWN RICE

Prep Time: 20mins

Serves: 3

### Ingredients:

1 chicken (cut and skin removed or you can get chicken drumsticks or 3 x breasts)

Vegetables of your choice (I like to use; 1 broccoli, 2 carrots, ½ sweet potato, brussels sprouts, ½ cauliflower,

½ bunch of mint (chopped)

- 2 tomatoes (diced)
- 2 onions (diced)
- 1 teaspoon of peppercorns
- 2 cinnamon sticks
- 1 teaspoon cloves

Salt to taste

#### Preparation

- 1. In a large pot, fry diced onion, tomato and mint in some oil until soft for approx. 3mins.
- 2. Add in the peppercorn, cinnamon sticks and cloves and simmer for another 2mins.
- 3. Add in chicken pieces and add in water until the chicken is covered. Cover pot with a lid and leave to cook on medium for 10mins.
- 4. Add in the vegetables, cover and cook for another
- 5-10mins. Add in more water if needed until the vegetables are ¾ covered so it cooks well.
- 5. Once done, you can serve this on its own as a stew soup or serve with some brown rice or quinoa. Divide into 2 portions and store remaining mix in the fridge



# 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: BACON AND VEGETABLE HASH

(Left-overs)

# SNACK: CHOCOLATE BERRY MOUSSE

 $(Pre ext{-}prepared)$ 

# DINNER: CHICKEN VEGETABLE STEW WITH BROWN RICE

(Left-overs)





# DINNER:

# SALMON, BROCOLLINI AND WILTED SPINACH

Prep: 10mins Serves: 1

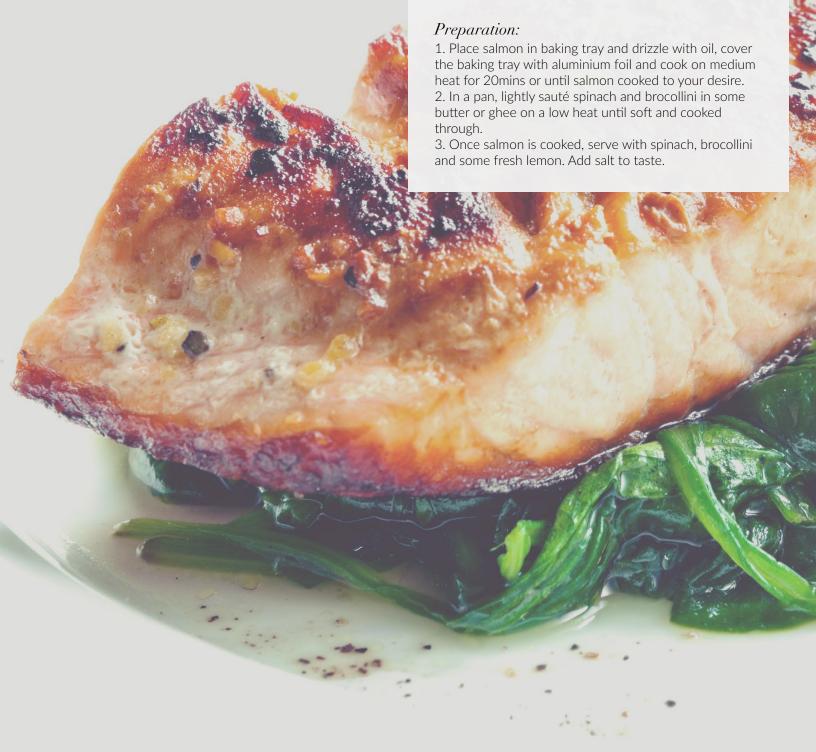
# Ingredients:

day 4

1 piece of salmon

½ packet spinach

1 bunch brocollini







# BREAKFAST: CHOCOLATE PROTEIN SHAKE

Prep Time: 2mins

Serves: 1

#### Ingredients:

½ cup coconut milk (Pure harvest best brand to buy)

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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: CHICKEN & VEGETABLE QUINOA

Prep Time: 20mins

Serves: 3

### Ingredients:

1 bunch of kale

1capsicum

1 eggplant

1 cup of peas

2 cups of pre-cooked quinoa

1 tablespoon of garlic

1 tablespoon ginger

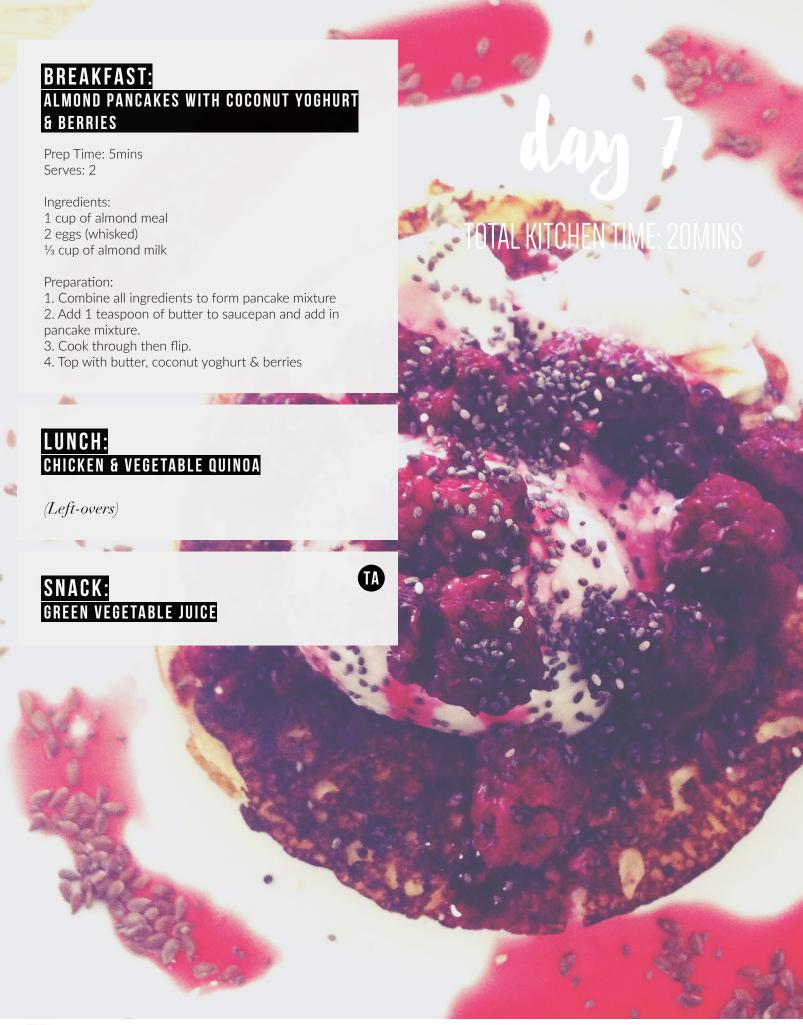
2 chicken breast fillets (diced) or better yet, use some of the left-over roasted chicken, but save a small portion for dinner!

### Preparation:

- 1. Roughly cut vegetables into small pieces.
- 2. In some oil, fry ginger, garlic on a low heat for a minute. Add in chicken and cook through.
- 3. Add in vegetables and cook until veggies are soft to your liking. Cover pan / wok with lid if necessary, it will cook quicker.
- 4. Season with few pinches of salt
- 5. In a large serving bowl, combine cooked quinoa with chicken and veggie stir-fry.
- 6. Top with some fresh lemon and chilli
- 7. Store remainder in fridge.









# DINNER: Basil Pesto Zucchini Pasta

Prep Time: 15mins

Serves: 2

## PESTO SAUCE

### Ingredients

2 handfuls of basil leaves

2 tablespoons of pine nuts

½ cup olive oil

½ teaspoon chilli powder

2 cloves garlic

## ZUCCHINI PASTA

#### *Ingredients*

4 large zucchinis

2 cloves garlic

Good quality oil

### Preparation:

- 1. To make the pesto, place all ingredients into a blender or food processor and blend until paste like consistency.
- 2. To make the pasta, cut zucchini into thin strips (spaghetti or fettuccini like) using a knife or slicer.
- 3. In a pan, heat oil and add in chopped garlic and zucchini strip. Sauté until zucchini is slightly soft.
- 4. Add in the pesto sauce and stir through while still hot.
- 5. Serve on its own or with a grilled piece of chicken.