

## **BREAKFAST: NUT PORRIDGE**

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

## **LUNCH: ROASTED VEGETABLES WITH QUINOA**

TA

*(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**

TA

## **DINNER: LAMB CUTLETS + ROASTED VEGETABLES**

TA

*(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!

# day 1

TOTAL KITCHEN TIME: 0MINS





# day 2

TOTAL KITCHEN TIME: 30MINS

TA

## 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 rashers) into small pieces.
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, peas)  
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

day 2

TOTAL KITCHEN TIME: 30MINS



## **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-prepared)*

## **DINNER:** **CHICKEN VEGETABLE STEW WITH BROWN RICE**

*(Left-overs)*

# day 3

TOTAL KITCHEN TIME: 5MINS



**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:**  
**CHICKEN VEGETABLE STEW WITH BROWN RICE**

*(Left-overs)*

**SNACK:**  
**HANDFUL OF NUTS**

day 4

TOTAL KITCHEN TIME: 12MINS



# day 4

TOTAL KITCHEN TIME: 12MINS

## DINNER:

### SALMON, BROCCOLINI AND WILTED SPINACH

TA

*Prep: 10mins*

*Serves: 1*

#### *Ingredients:*

- 1 piece of salmon
- ½ packet spinach
- 1 bunch broccolini

#### *Preparation:*

1. Place salmon in baking tray and drizzle with oil, cover the baking tray with aluminium foil and cook on medium heat for 20mins or until salmon cooked to your desire.
2. In a pan, lightly sauté spinach and broccolini in some butter or ghee on a low heat until soft and cooked through.
3. Once salmon is cooked, serve with spinach, broccolini and some fresh lemon. Add salt to taste.



## **BREAKFAST:**

**POACHED / BOILED EGGS, SPINACH,  
MUSHROOM AND SMASHED AVOCADO**

*Prep: 5mins*

*Serves: 1*

### *Ingredients:*

2 eggs  
2 handfuls of spinach  
½ avocado  
Handful of chopped mushroom

### *Preparation:*

1. Poach or boil eggs for 5mins.
2. Sauté spinach and mushroom in some butter or oil and serve with eggs and smashed avocado.

TA

day 5

TOTAL KITCHEN TIME: 15MINS

## **LUNCH:**

**2 X BROWN RICE CAKES WITH WILD CAUGHT  
PINK SALMON (CANNED), SLICED CUCUMBER,  
TOMATO + AVOCADO (OPTIONAL).**

*Seasoned with salt + pepper.*

## **SNACK:**

**CHOCOLATE BERRY DELIGHT**

*(Pre-prepared)*



day 5

TOTAL KITCHEN TIME: 15MINS

**DINNER:**  
**ROASTED CHICKEN & VEGGIES**

*Prep Time: 10mins*

*Serves: 3*

*Ingredients:*

1 whole chicken  
2 tablespoons of butter  
2 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.
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.

## **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:** **CHICKEN & VEGETABLE QUINOA**

*Prep Time: 20mins*

*Serves: 3*

### *Ingredients:*

- 1 bunch of kale
- 1 capsicum
- 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.

day 6

TOTAL KITCHEN TIME: 22MINS

A wooden fork is placed vertically on the left side of the image. In the center, a light-colored ceramic bowl is filled with a variety of roasted vegetables, including bell peppers, zucchini, and tomatoes, along with pieces of roasted chicken. The bowl sits on a dark wooden surface. In the background, a few whole red tomatoes are visible.

day 6

TOTAL KITCHEN TIME: 22MINS

**SNACK:**  
**HANDFUL OF NUTS**

**DINNER:**  
**ROASTED CHICKEN & VEGGIES**

*(Left-overs)*

## **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:**

### **CHICKEN & VEGETABLE QUINOA**

*(Left-overs)*

## **SNACK:**

### **GREEN VEGETABLE JUICE**

TA

day 7

TOTAL KITCHEN TIME: 20MINS



day 7

TOTAL KITCHEN TIME: 20MINS

## 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.