

bevshealthyfood - 7 Day Meal Plan

| | Activity/ Exercise | Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 |
|------------------|-----------------------|---|--|--|---|--|
| Friday | | <u>Warming Winter Porridge</u> | <u>Morning Strength Smoothie</u> | <u>Mango & Sweet Potato Crisp Salad</u> | <u>1 Banana & Walnut Muffin</u> | <u>Hot'n'Spicy Chicken Legs</u> – make extra serve with cauliflower rice |
| Saturday | | <u>Chocolate Protein Waffles</u> | <u>Packs a Punch Smoothie</u> | <u>Hot'n'Spicy Chicken Legs</u> & Salad | <u>1/2 cup Trail Mix</u> 1 Green apple | <u>Barramundi Braised in Bone Broth</u> - served with wedges |
| Sunday | | <u>Scrambled Eggs & Sautéed Mushrooms</u> | <u>Black Magic Smoothie</u> | Tuna wrap with <u>Mango & Sweet Potato Crisp Salad</u> | <u>1/2 cup Beetroot & Macadamia Pesto</u> with unlimited veggie sticks i.e. carrots, celery, etc | Night Off – someone else gets to cook - Enjoy |
| Monday | | <u>Warming Winter Porridge</u> | <u>Packs a Punch Smoothie</u> | 2 Boiled Egg with mixed salad greens, sliced cucumber, grated carrot & cherry tomatoes | <u>1 Banana & Walnut Muffin</u> | Night Off – someone else gets to cook - Enjoy |
| Tuesday | | <u>Scrambled Eggs & Sautéed Mushrooms</u> | <u>Morning Strength Smoothie</u> | Avocado & Tuna wrap with mixed salad greens & beetroot pesto | <u>1/2 cup Trail Mix</u> 1 Green apple | <u>Creamy Mushroom & Brussel Sprout Fettuccini</u> – make extra |
| Wednesday | | <u>Warming Winter Porridge</u> | <u>Black Magic Smoothie</u> | <u>Creamy Mushroom & Brussel Sprout Fettuccini</u> | <u>1/2 cup Beetroot & Macadamia Pesto</u> with unlimited veggie sticks i.e. carrots, celery, etc | <u>Steak Stack</u> – cook extra steak |
| Thursday | | <u>Chocolate Protein Waffles</u> | <u>Packs a Punch Smoothie</u> | Steak & Salad | <u>1 Banana & Walnut Muffin</u> | <u>Spicy Turkey Rissoles</u> – make extra |

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Don't forget to plan what exercise you will be doing for the week! You may go for a walk each day or even a swim, as long as you do some physical activity to keep active. You can change which nights you have off to go out for dinner or when someone else cooks! You can also change your meals around to suit. For example you might like to have your smoothie first thing and have your waffles later, it all depends on your daily activities and work commitments. This is a guide only so use it to fit in with your plans!

*Tips: - When thinking about what mains to cook for the week, I always like to make extra so that I can have that for lunch the next day.
“Cook once, Eat twice”*

Shopping List:

Fruit & Vegetables

9 apples
4 bananas
500g blueberries (fresh or frozen) 20 black grapes (fresh or frozen)
8 lemons
3 limes
1 mango (fresh or frozen)
1 pear
2 pineapple slices
125g raspberries (fresh or frozen) 500g strawberries (fresh or frozen) 1/4
watermelon (fresh or frozen)
2 bunches fresh coriander
1 bunch fresh mint
1 bunch fresh parsley
3 avocados
4 beetroots
2 bunches broccolini
12 Brussel sprouts
3 onions (2 brown + 1 red)
5 carrots
6 celery sticks
500g cherry tomatoes
9 small cucumbers (I use Lebanese cucumbers)
18 cloves garlic (2 bulbs)
250g ginger
1 green chilli
1 bunch kale
320g mixed salad leaves
26 mushrooms (brown or button)
1 red capsicum (bell pepper)
60g rocket (arugula)
500g spinach
4 sweet potatoes
2 Tomatoes

Nuts, Seeds & Grains

3 1/2 cup almonds
2 T chia seeds
3/4 cup gluten free oats (or 3/4 cup quinoa flakes)
1/4 cup goji berries
250g hemp seeds
1 cup macadamia nuts
6 Medjool dates
1/2 cup pepitas (pumpkin seeds) 1 1/2 cup walnuts

Proteins

4 bacon rashers
4 barramundi fillets
8 chicken legs
1/2 cup chocolate protein powder 24 eggs
4 (200g) rump steaks
200g tin tuna
500g turkey breast mince

Pantry Items

3 1/2 cups almond meal (flour)
1 tsp apple cider vinegar
2 T avocado oil
375ml beef stock
1 tsp bicarbonate soda
3 T buckinis (buckwheat groats)
1/4 cup cacao nibs
80ml coconut amino sauce or tamari 400ml coconut cream
1/4 cup coconut flour
400ml coconut milk
1 cup coconut oil
3 1/2 litres coconut water
3 T shredded coconut
200g packet corn chips (gluten free)
1 pkt. tortillas/wraps (gluten free)
280g pkt. fettuccini (gluten free)
1 T macadamia oil
6 T olive oil
125ml rice malt syrup
2 T pesto
3 1/2 tsp vanilla extract
1 170g tub organic yoghurt or V. coconut yoghurt
7 tsp cinnamon
2 T cumin
2 T dried chilli flakes
4 tsp ground black pepper
4 tsp Himalayan pink salt
2 tsp hot paprika
1 T sweet paprika (+ 1 1/4 tsp)
1 tsp nutmeg
3 T turmeric (+ 1 tsp)