



NUTRITION BY BRITT

GLUTEN FREE 7 DAY MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Warm oats with grated apple, cinnamon, chia seeds, lemon juice and natural Greek yoghurt	Scrambled eggs with spinach, grated carrot and small amount of grated cheese	Big berry smoothie: Frozen mixed berries, coconut water, shredded coconut, chia seeds, 10 almonds	3 rice cakes with smoked salmon, tomato slices, basil, chopped spinach and avocado	Cheese and onion omelette, 1 glass fresh orange juice	Veggie fry up: onion, mushroom, spinach, zucchini, tomato, and grated potato	Banana protein pancakes with grilled honey banana <i>(recipe from Nutrilly Nutrition)</i>
Lunch	Thai chicken rice paper wraps with sweet chili dipping sauce	Sweet potato rosti topped with super salsa <i>(recipe from Nutrilly Nutrition)</i>	Cous cous salad with 2 x boiled eggs <i>(recipe from Nutrilly Nutrition)</i>	Roast veggie salad with brown rice (sweet potato, beetroot, pumpkin, red onion)	Grilled chicken and lettuce wraps (grated carrot, fresh coriander, GF mayo) with 1 glass green juice	Cumin spiced sweet potato wedges with bacon, Tzatziki, smashed avo, cheese and tomato	Chili beef bowl with corn chips (Beef mince, Red kidney beans, Tomatoes, Spices, topped with cheese)
Dinner	Grilled salmon with sautéed asparagus and broccoli, smashed sweet potato	Paleo Nasi Goreng <i>(recipe from Eat Drink Paleo)</i>	Naked Veggie burgers <i>(Recipe from Nutrilly Nutrition: The three day Reboot)</i>	Simple chicken stir fry: Chicken thigh pieces, soy sauce, garlic, bok choy, capsicum, onion, broccoli, red cabbage	Zucchini spaghetti bolognese <i>(recipe from Nutrilly Nutrition)</i>	Honey soy beef kebabs with roast veggies (sweet potato, pumpkin, beetroot) and simple green salad	Veggie filled omelettes (honestly, pile them up with all your leftover veggies!)
Snacks	Peanut butter on apple slices	Simple green smoothie: banana, spinach, almond milk, chia seeds	Cucumber slices with tuna and fresh coriander	Smashed avocado on brown rice cakes	1 piece stone fruit (plum, peach, nectarine, apricot)	2 dark chocolate chia truffles Carrot sticks with hummus	Lemon coconut smoothie: banana, juice of 1 lemon, shredded coconut, almond milk
Drinks	2-3 litres filtered water 1 black coffee with little milk or black tea Green tea or herbal tea (peppermint, ginger, liquorice, chamomile, lemon, dandelion etc)						