



NUTRITION BY BRITT

WHOLE HEALTHY FOOD 7 DAY MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 poached eggs, Sautéed spinach, mushroom, 1/2 avocado`	Brekky smoothie 1: 1/2 cup berries, coconut water, handful spinach, 10 almonds, 1/2 tsp honey	Sardines, sautéed with spinach, mushrooms, tomato, garlic	Brekky smoothie 2: 1 banana, spirulina powder, almond milk, cinnamon, 1/2 tsp honey	Gluten free <i>paleo pumpkin loaf</i> with avocado and tomato (recipe from The Healthy Chef)	Breakfast salad: greens, tomato, chopped raw asparagus, 2 soft boiled eggs	Banana and egg pancakes, with handful fresh berries and 2 tsp maple syrup
Lunch	Quinoa salad with 150g chicken, rocket, tomatoes, roast pumpkin, mustard dressing	Left over cauliflower rice, 1 tin tuna/salmon in olive oil, beet greens, grated beetroot and carrot, tahini dressing	Wholegrain wrap with left over beef, tomato, greens, cucumber, home made mayo	Quinoa salad with 150g chicken, rocket, tomatoes, roast pumpkin, mustard dressing	Nori rolls with quinoa, egg, carrot, cucumber, grated beetroot and soy sauce	Wholegrain wrap with chicken, cos lettuce, grated carrot, feta	Left over homemade pizza
Dinner	Grilled salmon and stir fried broccoli with ginger, garlic, and cauliflower rice	<i>Thai beef salad</i> (recipe from I Quit Sugar)	<i>Veggie burgers</i> (recipe from Nutrilly Nutrition)	Lamb cutlets, roasted eggplant and capsicum, 1 cup rocket, tahini dressing	Herb crusted snapper with rocket and feta salad	<i>Homemade flatbread pizza</i> (recipe from Nutrilly Nutrition)	Grilled steak with cauliflower mash, steamed broccoli, roasted carrots
Snacks	1 apples, 1 tbsp. almond butter	100g chicken wrapped in lettuce leaves	Smoothie: 200ml coconut water, 1/2 cup berries, 1/4 small zucchini, 1 tsp cacao powder	1 pear, 10 almonds	Smoothie: 200ml coconut water, 1/2 banana, 1 handful spinach, 1 tsp cacao powder	Chia pudding	100g turkey breast with cucumber
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)						