

7 DAY MEAL PLAN & NUTRITION GUIDE



FITNESS WITH AILSA
JOIN FACEBOOK GROUP: 50 SHADES OF MENOPAUSE



INTRODUCTION TO THE 7 DAY MEAL PLAN

All the meals in this 7 day meal plan are full of good carbohydrates, proteins and healthy fats. The meals are tasty, filling and nutritious.

Try and be mindful of timings for your meals each day and try and regulate them so you are consistent so your body knows what to expect.

Don't allow yourself to feel hungry as your energy levels will drop.

You can mix up the days if you wish and also repeat meals if you have a preference for a soup at lunchtime, for example, you can make enough to have 2 days in a row.

The food will give you energy and will help curb your cravings for sweet foods.

Please ONLY eat what is in the program. This 7 Day Meal Plan will get you through your first week of the 21 Day Kickstart Program. Use it alongside the Nutrition Guide so you can understand more about the food you eat and additions you can make as we go through the 21 days.

Please make sure you drink plenty of water each day. Start your day re-hydrating your body and cells.

A quick note about caffeine: If you like tea or coffee, then please change to de-cafeinated. Please also reduce the number to 1 cup a day during this program. For best results stop drinking caffeinated drinks. They dehydrate you, spike your hormones and leave you with a low feeling once the caffeine has worn off.

ENJOY THE MEALS AND PLAN AHEAD TO MAKE SURE YOU STAY ON TRACK.

SHOPPING LIST

VEGETABLES:

Spinach
Baby spinach or mixed greens
Broccoli
Cauliflower
Asparagus
Onions
Carrots
Tomatoes
Sweet Potatoes
Root Ginger
Peppers (red orange and yellow)
Lettuce
Cucumber
Bell Peppers
Kale
Spring onions

MEAT

Chicken Breast
Beef fillet
Minced Turkey

FISH (Option)

Prawns OR
Salmon
Tuna

STAPLES

Brown rice
Brown pasta
Tortilla wraps / whole grain or plain

FRUIT

Choose a selection that you love

Blueberries (frozen or fresh)
Cherries (frozen or fresh)
Raspberries (frozen or fresh)
Cherries (frozen or fresh)
Bananas (frozen or fresh)
Grapes red or white
Mango (frozen or fresh)
1 pomegranate
2 lemons or lime

SEEDS:

Pumpkin seeds
Chia seeds
Flax seeds
Cinnamon
Mixed Spice
Sesame seeds
Chilli Pepper Flakes

NUTS

Unsalted Almonds
Unsalted Pistachios
Unsalted Cashews

SHOPPING LIST CONTINUED

DAIRY / NON- DAIRY

Non Fat Greek Yoghurt

Almond Milk

Eggs

Tofu (If vegetarian)

Soya yoghurts

(flavours of your choice)

vanilla, blueberry, strawberry

EXTRAS

Honey

Coconut Oil (1 Cal spray)

Virgin Olive Oil

Almond flour or Ground Almonds

Baking powder

Ginger

Cayenne Pepper

Paprika

Cajuns spices

Basil Leaves

Oat bread

Peanut butter

(wholesome crunchy

no additives) Or

Almond butter

Whole grain oats

Garlic

Protein Powder (Optional)

(vegan low sugar in

vanilla or chocolate)

Onion Powder

Garlic Powder

Oregano

Sultanas or Raisins

Chickpeas

Lentils

Black Beans



MEASUREMENTS & TEMPERATURES

Within the Meal Plan there are measurements in cups, grams and oz.

Here is an idea of what they mean in case you use alternate measurements.

CUPS	GRAMS	FL OZ	TBS	TSP
1 cup	200 g	8 fl oz	16 tbs	48 tsp
1/2 cup	100 g	4 fl oz	8 tbs	24 tsp
1/4 cup	50 g	2 fl oz	4 tbs	12 tsp
1/8 cup	25g	1 fl oz	2 tbs	6 tsp

OVEN TEMPERATURES

F	C
400 f	200 c
350 f	180 c
325 f	160 c
200 f	100 c

DAY 1

*Start each day with a glass of water either cold or warm with a slice of lemon

BREAKFAST

(You can choose this option or from Day 2 or 3)

ALMOND BLUEBERRY PANCAKES

Ingredients:

1 cup almond flour
1/3 cup coconut milk
or unsweetened almond milk
2 eggs
1 tbsp maple syrup or honey
A pinch of sea salt, to taste
Coconut oil spray, for cooking
1 cup blueberries
1 banana, sliced
2 tbsp non-fat plain Greek yogurt



Directions

In a large mixing bowl, combine almond flour, coconut/ almond milk, 2 eggs, pinch of salt, a few blueberries and mix well with a wooden spoon until a batter is formed.

Over a medium heat, heat the coconut oil spray in a large skillet/ pan. Drop 1/2 cup of batter into the pan and cook until bubbles appear in pancake's surface (approximately 3 minutes) When bubbles appear, flip the pancakes with a rubber spatula, and cook for an additional 2–3 minutes.

Top with a dollop of yogurt, berries, and banana. The honey / maple syrup is an option but see if you like them without.

DAY 1

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH (Eat between 11.30am & 12.30pm)

VEGETABLE SOUP

2-3 servings

Use your imagination!

**Choose whichever vegetables/
greens you like and follow the steps below**

**If you make a big batch, you can eat soup
for multiple lunches, with different
toppings to keep it interesting!
(This can be pre-made if you have a
busy day).**

Chop the vegetables

**Spray pan with low calorie coconut oil. Fry the vegetables until they
start to soften**

**Add chicken or vegetable stock to the veggies (enough to cover
them), then leave to simmer for 10-15 minutes**

**Blend the soup until smooth or if you like texture blitz until it's a
consistency you like. You could add some fresh or dried herbs at
this point, such as cilantro, parsley, or basil – use whatever is your
favourite. Add pinch of salt and pepper to taste.**

**You can add toppings like sunflower seeds, pumpkin seeds, flax
seeds, plain Greek yoghurt or chilli slices to give extra flavour.**

Accompanied by

**1 slice Oat Toast with crunchy whole peanut butter (toast is
optional)**



DAY 1

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**



MID AFTERNOON SNACK

(no later than 3.30pm)

(Only if you know you can't reach dinner time without nibbles !)

½ cup of unsalted almonds

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

BEEF / CHICKEN/ PRAWN STIRFRY

(meat of fish of your choice)

Select Lean Beef and create strips
(do this with chicken as an alternative)

1 onion

2 peppers (go for colour!)

Add Sugar Snaps

Broccoli spears

1 tsp ginger root minced

(or use frozen ginger)

2 tbs of hoisin sauce

1 tbs Sesame seeds

60g Brown rice per person

Mixed salad for the side



DIRECTIONS:

Heat pan and use low calorie coconut oil spray. Brown off the meat with the onion and peppers. Add the ginger. Add sugar snaps and broccoli spears. And allow to cook through. Then add the hoisin sauce and a tbs of sesame seeds. Cook brown rice alongside the cooking of the stir fry. Serve stir fry with brown rice on the side and a large bowl of salad. (Rice is optional)

This serves 2 people

DAY 1

To end your first day well. Take some time to wind down at the end of the day and try this pre-bed time drink.

PRE-BEDTIME FAT BURNING RESTORATIVE DRINK

Ingredients:

3oz. warm water

1 tbsp. honey

1 tsp. ginger (ground or fresh)

1 tsp. lemon juice

2 mint leaves (optional) OR 1 tsp. cinnamon (ground or fresh)

Combine and drink. It's best to drink this in the evening warm. It will help relax your body and mind. Also, to enhance and activate the overnight fat-burning effects.



'ME 'TIME

Something to think about, is to take a shower after your pre-bedtime elixir. The last 30 seconds of the shower, use cold water. It may be a small shock to your body, but a bigger shock to your metabolism! The cold exposure has an influence on your body's fat cell activation. There's brown fat and white fat. White fat builds up when we consume more calories than we burn off. This leads to fat storage around the waist, hips, thighs and tummy. According to a Study done by Joslin Diabetes Center, a Harvard Medical School affiliate, "Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when exposed to extreme cold." It is also a refreshing way to end your day and get ready for bed.

DAY 2

*Start each day with a glass of water either cold or warm with a slice of lemon

A MORNING RE-CHARGE DRINK

Ingredients:

100ml warm water

1 Tbsp honey

1 Tbsp lemon juice

1 tsp. ginger (ground or fresh)

1 pinch cayenne pepper

1 pinch cinnamon

Combine and drink.

You can have this warm or cold.

You've now given fuel to your cellular engine to rev up your metabolism for the morning.



BREAKFAST

MORNING POWER SMOOTHIE

Ingredients:

½ an hour after your morning re-charge drink

Ingredients:

½ cup cold water

2 handfuls spinach

½ cup blueberries (frozen or fresh)

¼ cup cherries (frozen or fresh)

¼ cup pomegranate (fresh)

½ banana (frozen or fresh)

1 tbsp. non-fat plain Greek yogurt

½ tbsp. chia seed

Blend and enjoy.

To make this thicker you can add crushed ice, but drink before it all melts! You can swap in other fresh / frozen fruit that you love if you don't like some included above. Raspberries, summer fruits (frozen), strawberries etc.



DAY 2

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

SCRAMBLED EGGS WITH GREENS AND PEPPERS

2 eggs

A handful of spinach

½ red pepper

1 small onion

Pinch of salt and pepper

Accompanied: Salad preferred option

(If dressing needed then use a drizzle of olive oil only)

OR

A slice of Oat Toast

Directions: Spray low calorie coconut oil into pan. Fry onion and peppers until soft and cooked through. Whisk up eggs with a pinch of sea salt and some black pepper and add them to pan with the peppers and onion. When eggs are cooked through serve on a plate of salad or a slice of oat toast.



DAY 2

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

CHINESE CHICKEN

(Vegetarian Option is to use Quorn chicken pieces or tofu)

Ingredients

2 skinless chicken breasts, diced

1 onion

1 garlic clove crushed (optional)

½ tsp root ginger minced

Pinch of Sea Salt

¼ tsp ground black pepper

200g button mushrooms

2 carrots peeled and cut into strips

6 spring onions sliced

1 broccoli cut into florets

2 tbs dark soy

2 tbsp oyster sauce

2 tbsp rice vinegar

200ml chicken stock (or vegetable stock)

200ml boiling water



Accompanied :

Either: Steamed vegetables: carrots, broccoli. A salad of your choice

OR 50g Brown rice per person

Directions:

Heat up wok or frying pan and use coconut oil spray. Add the diced chicken, season with the salt and pepper and cook until brown. Remove chicken and set aside.

Spray pan with coconut oil and add in the vegetables and cook. Add the chicken back to the pan and stir in the dark soy sauce, oyster sauce and rice vinegar. Pour in the stock and stir well, allow to simmer for 8-10 minutes until sauce reduces and thickens. Cook brown rice for at least 30 minutes or stir fry some additional seasonal vegetables to add to the side of your plate OR serve alongside a salad. Keep any dressing to a minimum and only olive oil necessary.

DAY 3

*Start each day with a glass of water either cold or warm with a slice of lemon

BREAKFAST

(You can choose this option or from Day 2 or 3)

OVER NIGHT OATS

1 cup almond milk

½ cup blueberries

½ cup raspberries

1tsp chia seeds

1 tbs pumpkin seeds

30g porridge oats (per serving)

30g scoop protein powder (optional. You can choose vegan low sugar options to taste)

Directions: Place almond milk, porridge oats, chia seeds (protein powder if you have it) in a bowl and mix. Top with blueberries, raspberries and pumpkin seeds.

Cover and leave for a minimum of 4 hours or preferably overnight. you can also add sliced bananas in the morning when you serve up.



DAY 3

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

IT' A WRAP!

1 tortilla wrap – plain, whole grain

2 Chicken or turkey slices

(vegetarian Quorn chicken or tofu)

Spinach or lettuce leaves

Cucumber sliced

Cherry Tomatoes/ tomatoes

A little low calorie salad dressing (1tsp is plenty to spread over base of wrap)



Direction: If you want salad dressing spread 1tsp low calorie dressing to base of wrap. Load wrap with the chicken, salad leaves and sliced tomatoes and cucumber. Roll and cut in half.

MID AFTERNOON SNACK (3pm)

Pre-sliced carrots into baton sticks. Have them in Tupperware in fridge.

Take a handful and add a spoonful of peanut butter to a plate and dip and crunch.

Sweetness from carrots, protein from peanut butter is filling and satiates your appetite.



DAY 3

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

KEEP IT SIMPLE

This meal is going to be a meat or fish of your choice.

You can season it with herbs (cajon spices, cayenne pepper. With fish you can use lemon or dill.

Grill or bake. Make sure the meat or fish is no larger than the palm of your hand. Baked Sweet Potato (wash and keep skin on) Vegetables of your choice – broccoli, peas, carrots, asparagus, cauliflower, sweetcorn – your choice.

You can also have a salad of your choice on the side – if you need a small dressing use a drizzle of olive oil



DESSERT (Optional)

If you like something to follow Dinner you can have a Soya yoghurt (flavour of your choice)

¼ cup of frozen fruit

like mango, blueberries

Pumpkin seeds, chia seeds

for texture and protein

Soya is a phytoestrogen

and so is good for

menopause hormone

balance



DAY 4

***Start each day with a glass of water either cold or warm with a slice of lemon**

BREAKFAST

(You can choose this option or from Day 2 or 3)

BANANA OMLETTE

1 Banana

3 Eggs

Sprinkle Cinnamon

Directions:

Warm a frying pan spray with coconut oil. Chop a banana and fry in the pan. Beat 3 eggs and cover banana - omelette style.

Brown under the grill, sprinkle with cinnamon if desired (it's a power spice and tastes delicious).



DAY 4

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

CHUNKY GREEK SALAD RECIPE

(Makes 4.5 cups 3-4 servings)

1 cucumber chunky sliced and quartered,

1 cup cherry tomatoes, halved

1 cup chickpeas

$\frac{1}{4}$ cup red onion diced

$\frac{1}{2}$ cup olives, halved (choose block or green of your choice)



Healthy Dressing:

2 tbsp. extra virgin olive oil

3 tbsp. balsamic vinegar

1 tsp. dried oregano

1 clove garlic (optional)

Pinch of crushed salt and black pepper to taste

Directions

Salad: Combine all ingredients in a large bowl.

Dressing: Combine all ingredients in a small glass bowl and whisk together.

Assembly: Pour dressing over salad and gently toss together coating a light amount over all ingredients. Adjust seasonings and enjoy!

To make this into an evening meal you can add some grilled chicken or create some chicken kebabs.

Can be stored in Tupperware or individual portion mason jars to have on the go.

DAY 4

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

GRILLED CHICKEN AND SPICY VEGGIES

4oz. chicken breast (boneless and skinless)

½ yellow zucchini, or courgette chopped

4oz. broccoli, roughly chopped

4oz. cauliflower

2 cups baby spinach

1 tsp. paprika

1 tsp. salt

1tsp. pepper

1 tbsp. chili pepper flakes

DIRECTIONS:

Pat chicken breast dry. Sprinkle paprika, salt and pepper on the breast.

Grill for 3-4 minutes per side on medium-high heat (or until done).

In a medium non-stick pan, combine all veggies except the spinach. Let cook for 2 minutes, making sure to stir. Add 1oz water and place lid on pan (to steam veggies. Remove lid and add spinach and chili flakes. Cook for another 2 minutes stirring. 10. Plate the grilled chicken and veggies side by side.

Add a side salad if you wish.



DAY 5

*Start each day with a glass of water either cold or warm with a slice of lemon

BREAKFAST

(You can choose this option or from Day 2 or 3)

PEANUT BUTTER PROTEIN PANCAKES (1 serving 8" pancake)

1/2 cup egg whites or 4 egg whites. (you can use 2 eggs)

1/3 cup organic rolled oats

1/4 teaspoon baking powder

1 tablespoon natural peanut butter (or Almond butter)

1/2 tsp cinnamon

1/2 banana quartered and sliced

INSTRUCTIONS

Combine oats, baking powder, egg whites, peanut butter, 1/4 banana, and cinnamon in a blender and mix until you have a batter.

Coat a non-stick pan with coconut oil spray and heat over medium heat. Pour pancake batter into pan (the batter may be a little runny around the edges, so using a rubber spatula, gently pull the runny edges towards the center of the pancake). Sprinkle in the remaining chopped banana. Once pancake is firm (takes approx two minutes) flip and cook for 1 minute or until cooked through. Enjoy!

Note: If you don't like banana you can use blueberries, or other fruit. The banana adds sweetness so if you want you can drizzle a spoon of honey or maple syrup on when serving.



DAY 5

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

AVOCADO EGG BOWL RECIPE

2 hardboiled eggs, chopped
1/2 avocado, chopped
1/2 cup cherry tomatoes, sliced in half
2-4 tablespoons chopped red onion
1 tablespoon extra virgin olive oil
salt and pepper to taste



DIRECTIONS:

Combine eggs, avocado, cherry tomatoes, and red onion in a medium size bowl. Drizzle with extra virgin olive oil and season with salt and pepper to taste.

You can pre-make this and place in a tupperware sealed container to take to work or have on the go.

Enjoy!

MID AFTERNOON SNACK (3pm)

Banana Cinnamon Chips (pre-make and store)

INGREDIENTS:

2 Bananas - 1/2 Lemon, juiced - Ground Cinnamon



DIRECTIONS:

Preheat your oven on 100°C / 250°F. Line baking tray with baking paper
Cut the Bananas into thin slices place them on the baking tray. Leave room between each slice. Brush lemon juice over each slice. you can also turn slices over and brush the other side. Sprinkle Ground Cinnamon over the slices, Dust a small amount of turmeric over the slices.
Bake in the oven for 1 hour or until the Bananas Slices can be flipped over
Turn each slice and bake for an additional 30 minutes. Leave to cool down then transfer into an air-tight container.

Delicious afternoon snack with anti inflammatory properties. Small handful, not the whole lot!!

DAY 5

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

SIMPLE PRAWN / SHRIMP TACOS (2 SERVINGS)

**4 corn tortillas (2 per person)
3 oz fat free Greek yogurt
1/8 tsp cayenne pepper
1 tbsp fresh lime juice
1/8 cup chopped cilantro
2 tsp extra virgin olive oil divided
1/4 a head of cabbage thinly sliced
1/2 lb shrimp/ prawns defrosted
if frozen, peeled, & deveined
Salt and pepper to taste**



DIRECTIONS:

Heat tortillas over medium heat in a dry skillet until warm and starting to form small brown spots. Set aside on a plate covered with a clean kitchen towel.

Mix yogurt, cayenne, lime juice, cilantro, & salt in a small bowl, Heat 1 teaspoon of olive oil or use coconut oil spray in a medium non-stick skillet and add cabbage. Cook for about four minutes or until the cabbage is just barely wilted. Season with salt and pepper and set aside. Cut shrimp into thirds or prawns in half, so you have little bite size pieces. Sauté in 1 teaspoon of olive oil and season with salt, pepper and a dash of cayenne pepper over medium heat just until done. They cook up in just a few minutes so be sure to watch them!

Build your taco!

Place a scoop of cabbage on the warmed tortillas, then top with shrimp, and cilantro sauce. Enjoy!

You can add other elements if you don't like cilantro - you can use avocado to spread instead, you can add lettuce, chopped baby tomatoes.

DAY 6

*Start each day with a glass of water either cold or warm with a slice of lemon

LET'S MAKE TODAY A LIQUID START!

A MORNING RE-CHARGE DRINK

Ingredients:

100ml warm water

1 Tbsp honey

1 Tbsp lemon juice

1 tsp. ginger (ground or fresh)

1 pinch cayenne pepper

1 pinch cinnamon

Combine and drink.



You can have this warm or cold.

You've now given fuel to your cellular engine to rev up your metabolism for the morning.

BREAKFAST

GREEN SMOOTHIE BREAKFAST

Ingredients:

1 cup almond milk

1 cup kale

1/2 frozen banana

1/2 cup frozen mango

1 tbsp. raw unsalted almond butter

1/4 tsp. cinnamon

Instructions

Blend kale and almond milk in the blender for 30 seconds or until the kale has broken down a bit.

Add in the banana, mango, almond butter and cinnamon.

Blend until you have a rich, creamy, amazing, delicious smoothie!



DAY 6

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

TURKEY PEPPER SANDWICH ON A BELL PEPPER BUN

- 1 bell pepper, yellow, orange or red**
- 1 piece red leaf lettuce**
- 1-2 roasted peppers (in sunflower oil from a jar)**
- 2 ounces organic turkey breast**
- 5 spicy pickle slices**
- 1/4 cup hummus**

Slice off the side cheeks from your pepper and use the two biggest halves for the bread. On top of one pepper cheek, layer red leaf lettuce, roasted pepper, turkey and pickles. Spread the hummus on the remaining pepper cheek and place on top to create a sandwich.

Serve and enjoy!



DAY 6

MID AFTERNOON SNACK (3pm)

LOW CARB GINGER BISCUITS (Pre-make ahead of time)

Ingredients

- 1 cup almond flour / ground almonds
- 2 tablespoons coconut flour
- 2 teaspoons ground ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/8 teaspoon kosher sea salt
- 1/4 cup almond butter
- 2 tablespoons coconut oil
- 1/3 cup erythritol (stevia or zero calorie sweetener)
- 1 egg
- 1 tablespoon honey optional
- 1 tablespoon fresh grated ginger



Instructions

1. Preheat the oven to 325F/ 160C .Line a baking tray with parchment paper. In a medium bowl, whisk together the almond flour, coconut flour, ginger, cinnamon, baking soda, and sea salt. In a large bowl, beat together the almond butter, coconut oil, and erythritol until smooth. Beat in the egg, honey, and fresh ginger until well combined. Add the almond flour mixture and continue to beat until the dough comes together.

Roll into 1 inch balls and place a few inches apart on the prepared baking sheet, flatten each cookie down just a bit with your finger tips so they look like thick discs. Bake for 10 minutes to until set through and crackled over the top (they will also smell delicious). Remove and let cool completely Transfer to a plate or an airtight container
Cookies can be stored in an airtight container in the fridge for up to 1 week.

DAY 6

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

TURKEY MEATBALLS IN A TOMATO SAUCE (SERVES 4)

2 pounds ground turkey	2 egg whites
Half of a small onion	1 teaspoon grated nutmeg
8 ounces mushrooms	1 teaspoon salt
10 ounces frozen spinach, or fresh	1 teaspoon black pepper
1/2 cup bread crumbs (wholewheat)	4 cups tomato sauce*
1 egg, beaten	

Instructions

Preheat oven to 400°F/180C and line two baking trays with parchment paper (or spray with cooking spray). Add ground turkey to a large bowl along with the onions, mushrooms, spinach, breadcrumbs, egg, egg whites, nutmeg, salt and pepper. Use your hands to gently combine all of the ingredients together. Scoop a heaping tablespoon of the mixture and roll into a ball. If the mixture is very sticky, wet your hands to make this process easier. Place the meatball on the prepared baking sheet and repeat until you have used all of the meat. You should have 35-40 meatballs when you are done. Bake for 20 minutes or until cooked.

SAUCE INGREDIENTS

4 spring onions	10 basil leaves
4 cloves garlic crushed (optional)	2 tbsp olive oil
1 pint of cherry tomatoes halved	Salt and pepper to taste

Instructions

Place all of the ingredients in a food processor and pulse just until everything is roughly chopped. Be careful not to puree the mixture! Adjust seasonings. Heat tomato sauce in a large sauce pan and transfer cooked meatballs into the sauce. Simmer for 5-10 minutes, serve with brown pasta. Enjoy!

DAY 7

*Start each day with a glass of water either cold or warm with a slice of lemon

BREAKFAST

Baked OATMEAL BREAKFAST BAKES (4 SERVINGS)
(You can make in advance of the morning)

Ingredients :

2 medium bananas	a pinch of salt
2 eggs	1/4 tsp cinnamon
1 cup almond milk	1 tbsp honey
1 cup oats	1/2 cup raspberries

Directions

Preheat oven to 350 degrees. Grease a small baking dish with a little coconut oil or cooking spray. A pie dish works or a small casserole dish. In a medium mixing bowl whisk together all ingredients. Pour into prepared baking dish. Bake for 35-40 minutes.

Allow to cool for 10-15 minutes before slicing into 4 pieces.

You can enjoy this on the go or served with extra raspberries and a dollop of greek yoghurt.



DAY 7

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

QUINOA BLACK BEAN SALAD

Makes 4.5 cups (3-4 servings)

2 cups cooked quinoa (follow instructions on packet)

1 cup black beans

1 cup red bell pepper, diced

1 avocado, diced

1/3 cup sliced spring onions

Dressing:

2 tbsp. extra virgin olive oil

1/4 cup fresh squeezed lime juice

1 clove garlic crushed(optional)

1/8th tsp. ground cumin

Pinch of salt and pepper to taste



DIRECTIONS

Salad: Combine all ingredients in a large bowl.

Dressing: Combine all ingredients in a small bowl and whisk until well combined.

ASSEMBLY:

Pour dressing over the salad and gently toss together coating all ingredients. Adjust seasonings and enjoy!

You can add tuna or grilled chicken to this salad and lay it on a bed of lettuce to make it in to a dinner option

Can be stored in Tupperware or individual portion mason jars to have on the go

DAY 7

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

STUFFED TURKEY BELL PEPPERS (makes 6 Bell Peppers)

INGREDIENTS:

6 peppers,	1/4 tsp salt
50g brown rice	1/4 tsp pepper,
500g lean ground turkey,	2 tsp orgeano,
1 tin black beans	1/2 tsp garlic powder,
1 onions	1/2 tsp onion powder,
1/2 clove garlic (optional)	4 Spring onions,
4 tbs tomato passata,	Coconut oil spray

DIRECTIONS

Cook brown rice (per instructions on pack)

Cut tops off peppers (keep tops and chop them up for the stuffing) and lay peppers upright on baking tray with parchment paper.

Sprinkle inside of peppers with salt & pepper.

Cut up all other vegetables. Spray oil in pan, put in diced onions, garlic powder, onion powder, salt and pepper, oregano and stir. Put in lean ground turkey and let it cook. Toss in cut up pepper tops, black beans, cooked brown rice. Put in half a can of tomato passata or 4 tablespoons (taste to see if you want to add more for flavour) Adjust all seasonings to taste.

Place stuffing in peppers and bake at 190C for 10 minutes. Sprinkle spring green on top. Serve with a salad of your choice.

You can have 1 -2 peppers per serving



DAY 7

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DESSERT

CHOCOLATE AVOCADO PUDDING! (SERVES 2)

INGREDIENTS:

2 Avocados (ripe) pitted peeled

1/3 cup of cocoa powder

1/2 almond milk

1 pinch Cinnamon

3 teaspoons of Honey

DRIECTIONS:

Blend avocados, cocoa powder, honey, almond milk, and cinnamon in a blender until smooth. Refrigerate pudding until chilled, about 20 -30 minutes.

Top with a topping of your choice, toasted coconut flakes (high in manganese) pumpkin seeds, chia seeds, crushed almonds – small sprinkle only

This one is a fun one and perfect healthy tasty treat. This is a great way to feed your sweet tooth without feeling too guilty.

