

# 7 Day Meal Plan

	<b>breakfast</b>	<b>lunch</b>	<b>snack</b>	<b>dinner</b>
<b>Day 1</b>	Black rice with brazil nuts	Chicken with chimichurri	Avocado on sourdough	Pumpkin dahl, brown rice & cucumber yoghurt
<b>Day 2</b>	Scrambled eggs cooked in butter, wilted rocket, lemon & avocado	Leftover dahl, brown rice & cucumber yoghurt	Homemade no bake muesli bars	Buckwheat & red bean minestrone
<b>Day 3</b>	Quinoa porridge with berries & walnuts	Leftover Buckwheat & red bean minestrone	Aduki bean hummus with raw vegies	Spiced zucchini & chickpeas in fresh tomato sauce
<b>Day 4</b>	Sweet corn fritters with tahini dressing	Leftover Spiced zucchini & chickpeas	Fresh fruit & nuts	Baked fish with zucchini, olives & lupin crumbs
<b>Day 5</b>	Silver beet & haloumi omelette	Leftover baked fish with zucchini, olives & lupin crumbs	Baba ganoush with cos lettuce & pistachios	Braised lamb in cashew nut sauce, green beans
<b>Day 6</b>	Oats with almond milk & LSA	Leftover braised lamb in cashew nut sauce, green beans	Sweet potato brownie	Black pepper kangaroo, beetroot relish & creamed cauliflower
<b>Day 7</b>	Boiled eggs, sour dough soldiers & butter	Leftover pepper kangaroo, beetroot relish & creamed cauliflower	Aduki bean hummus with raw vegies	Quinoa Nasi Goreng

## *Daily Beverages*

Aim to drink, 2 litres of filtered water throughout the day, flavour with lemon & lime wedges, or torn fresh mint or basil leaves.

Coffee is best consumed in the morning, up to 2 cups per day.

Green tea also contains caffeine & should also be avoided too late in the day, for optimum sleep.

Dandelion or other herbal non-caffeinated tea is a good substitute for coffee, if the urge arises later in the day or evening.

If drinking alcoholic beverages, do so in moderation, and always have a tall glass of water side by side.

## *Mindful Eating*

Whilst eating, chew every mouthful properly, this is the first part of digestion and gut brain communication.

When possible eat in a calm and relaxed environment, avoid distractions, and especially all types of screens & working whilst eating.

If you are alone, enjoy your own company, or with family, friends or work colleagues, share a conversation.

Allow eating to become an enjoyable experience, and this will greatly benefit digestion, pleasure & a sense of gratitude.