

Meal Planning Guide

Here is a meal planning guide to assist you as you embark on your new health journey. The following meals are easy to prepare using foods from the 'Foods to enjoy' list. Be creative and have fun in the kitchen, using a wide variety of fresh, seasonal foods. Starting a new eating plan can be a great opportunity to try using new ingredients and recipes, and to escape from regular food ruts. Bold items indicate a recipe available in the online detox program. For the other meal ideas, be creative and add in whatever vegetables or protein that you like within the foods to enjoy list. Think of the rainbow!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	Antioxidant rich super smoothie	Almond chia breakfast pudding	Asparagus & mint omelette	Creamy coconut green smoothie	Speedy breakfast scramble
Snack	Boiled Egg	Cauliflower hummus with celery sticks	Small handful of raw mixed nuts	Homemade guacamole on cucumber sticks	Tahini with carrot sticks
Lunch	Protein packed salmon patties with salad	Tofu salad with rocket, roast pumpkin and sesame seeds	Chickpea & quinoa salad	Zucchini & carrot quiche	Chicken salad with sweet potato and steamed broccolini
Snack	Homemade guacamole on vegetable sticks	Egg & carrot cup	Coconut yoghurt w a piece of fruit	Small handful of raw mixed nuts	Fruit salad
Dinner	Garlic, lemon & thyme chicken	Crunchy almond, asparagus & salmon	Chicken & mushroom stuffed capsicums	Green beans and prawns	Fish salad with radish & beetroot

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If you prefer to devise your own weekly plan, below are some meal ideas to inspire you.

Breakfast:

Be bold and step away from traditional breakfast ideas, anything is possible!

- Quinoa porridge with almond milk & berries/apple & cinnamon
- Scrambled eggs with asparagus & spinach
- Pea/hemp protein breakfast smoothie with avocado, berries, & chia
- Leftover veg (sweet potato, brussels etc) with boiled eggs
- Poached eggs with spinach, roast tomato, mushroom
- GF toast with nut butter and banana

Lunch/Dinner

Half plate veg, palm of protein, ½ cup whole carbs, dash olive oil/avocado

- Chicken salad w tomatoes, avocado, cucumber, red onion & mixed greens
- Tuna salad w rocket, tomatoes, steamed broccoli, avocado & walnuts
- Lentil, rocket & beetroot salad with walnuts
- Homemade soup: cauliflower & leek, chicken & veg, broccoli
- Mexican chicken salad with corn, capsicum, cucumber, and guacamole
- Salmon/fish with steamed veggies & brown rice
- Spicy chicken w sweet potato mash & brussel sprouts
- Slow cooked chicken & vegetable stew
- Stuffed capsicums with brown rice, tofu & tamari
- Barramundi with asian greens
- Slow-cooked lentil & vegetables stew

Snacks

- Raw nuts (Brazil, almonds, cashews, etc.)
- Fresh juice (Celery, carrot, beetroot, spinach, ginger, apple)
- Seasonal fruit with raw nuts
- Veggie sticks with hummus, nut butter, tahini, guacamole, homemade dips
- Avocado on rice cakes
- Boiled egg
- Herbal tea
- Nut butter on apple or pear
- Homemade broth

Beverages

- Filtered water (Add mint, cucumber, berries or lemon to jazz it up)
- Herbal tea (Green, peppermint, chamomile, licorice, ginger)
- If craving coffee, try dandelion tea
- If craving alcohol, try sparkling water or a low sugar kombucha

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