Bevshealthyfood
Nutrition, Health and Wellness Coach

14 Day Meal Plan

Welcome to the 14 Day Meal Plan - to start Creating New Healthy Choices.

Hi! I'm Bev, and it's great to meet you!

I created this 14 Day Meal Plan to help you continue your journey towards better nutrition and overall well-being and learn how to easily set up your healthy eating lifestyle!

One of the biggest contributing factors to a healthy body is eating a balanced diet daily that contains all the nutrients you need to nourish your body.

When you do this, you boost your metabolism, energize your entire system, and will reap the rewards in your long-term health.

Getting started with eating a whole food diet can seem daunting! In this guide I've mapped everything out for you for two successful weeks.

This meal plan contains Vegetarian options and is 100% gluten and dairy free. You'll have a grocery list, delicious recipes, food prep guides, and daily menu.

Don't pressure yourself to feel like you do everything there is and allow this to be a process and trust that your body is going to guide you.

I hope you enjoy this plan and have a wonderful week!

Be Well,

-Bev

xx

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Part I: Using the 14-Day Meal Plan

How To Use This Guide

You can use this 14-day guide in multiple ways!

OPTION 1. Use some, or all the healthy recipes and include them in your own weekly plans.

OPTION 2. Use the planning strategies and reference the sample daily menus for guidelines on putting meals together and balancing your energy throughout the day. This can be effective while traveling, eating out or while at home.

OPTION 3. Shop and prep the entire week at a time using the grocery list and guide. You will end up with some food in the freezer, and food ready for 7 days.

If you choose to follow the guide, please feel free to make substitutions based on what is available in your region, based on your personal likes/dislikes/ allergies, etc. I've included tips throughout to help you!

BLUEPRINT FOR SUCCESS

Pay attention to how hungry you are, and how full you feel from each meal, and keep track of what you experience.

Every time we change our eating habits, our body goes through an adjustment. Give yourself time to adjust to this kind of whole, healthy food and increase or decrease your food quantities as needed to support your activity level.

This guide and what I practice in my own life is about enjoying real food that TASTES GOOD and create lasting, healthy habits that naturally balance our weight, eliminate inflammation, and energize us and heal us from within.

How To Use Your Weekly Plan Sheet

The weekly planner (located on the next page of this guide) is a tool you can use to keep you on track during this week's meal plan and beyond!

Too often we focus only on the things we want to get done but forget the important step of acknowledging that we have done them or tracking our progress over time.

Every one of us has days where we feel like we aren't making progress – that's why it's important to have actual proof that we can go back and see just how much we have done, and how far we've come.

Here's how it works. Fill in the boxes accordingly:

Step 1: **Track** your daily meals by filling in the designated boxes. Track the day you take a "me" day.

Step 2: **Draw** a star next to each clean meal that you ate for extra motivation!

"Me" Day: Use this day to make yourself first priority! Enjoy your favourite meal (guilt free), go on a leisurely walk, get a massage - treat yourself to something that makes you happy!

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Weekly Plan Sheet

	Activity	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						

Don't forget to plan what exercise you will be doing for the week! You may go for a walk each day or even a swim, as long as you do some physical activity to keep active. You can change which nights you have off to go out for dinner or when someone else cooks! At least two!
This is a guide only!

Getting Started

1. **Browse through the Recipes** and make note of any recipes that look good to you. If you're new to cooking or food prepping, I don't recommend doing an entire week of food prep right off the bat. This document contains the recipes, grocery list and daily menu for each week.

2. **Be sure you have the necessary kitchen tools** for the recipes you'll be making, plus whatever to-go containers you need to pack your daily food when you're not at home.

3. **Pick a few good recipes and write down the ingredients** for them and buy them. I would start with 1 or 2 green smoothies and a couple of the entrees. Try making them as you go through your week, so you can get used to what it's like to do a little cooking.

4. **If you feel like jumping right in and doing weekly food prep,** dive in and adjust the weekly plan to suit you. You can make substitutions in any of the recipes - i.e., turkey's expensive, but chicken is on sale - swap it out. Can't find kale? Get another dark, leafy green instead! Use the Vegetarian recipes when you want an alternative.

5. Even when you're not following the plan or doing food prep, **you can use the daily menus as a guideline of eating a good balance of nutrients** by matching what you're buying or ordering along the same lines as what's listed in your menu.

6. **Use the Daily Menus as a guideline**. The portion sizes should be adjusted. You'll be able to do that as you go through very easily by increasing or decreasing your portion sizes.

7. **Use your phone alarm to remind yourself of things that will help you stay on track** throughout the day. It's with you all day long and has simple features like an alarm you can set to keep you on track! Use it!

8. **You can ALWAYS mix up the order of the meals any day you like** to accommodate your workout schedule, your work schedule, and anything else you have going on.

Using the Grocery List

The grocery list is written to correspond to the suggested daily menu. You will absolutely be able to customize this as you go through it. If it's your first time doing something like this, try it out as it is written, then adjust as you go.

Food Prep Session

If you choose to prep all your food, you can really save yourself a lot of time throughout the week and have food ready to go.

If you aren't used to cooking, this may feel like a lot of work! Don't worry though, each recipe is very simple, comes with follow-along directions and once you have done it you will be that much faster and more efficient each time. Preparing your meals helps to monitor the exact ingredients you are putting into your body.

You do not have to do it all at once. Starting off with one or two new things - especially if you're new to cooking - is a GREAT way to get comfortable.

Substitutions and Swaps

Use this meal plan as a guideline and substitute any of your own healthy recipes to suit your preferences.

If the daily menu calls for scrambled eggs for breakfast, you may cook the eggs using any other method you desire, such as poached, etc.

Be sure to compare the weekly grocery list to what is in your kitchen pantry/fridge, so you don't buy something you already have on hand.

Kitchen Tools You'll Need

•High-power blender
•Food processor
•Baking sheets
•8x8 Baking dish
•Medium and large pot
•Skillet
•Spatula - rubber and grill
•Whisk
•Ladle
•Mesh strainer
•Can opener
•Mixing Bowls
•Wooden spoon
•Cutting board and knives
•Measuring cups and spoons
•Parchment paper
•Ziploc bags
•Tupperware containers (I prefer glass containers with any kind of top)
•Lunchbox/food carrier
•Portable smoothie/drink carrier
•Garlic press (optional)

Part 2: Week 1 14-Day Meal Plan

Grocery List – Week 1

Fruit & Vegetables

7 apples
1kg blueberries
6 lemons
1 banana
4 limes
1/2 pineapple (16 pieces)
250g mixed berries
180g mixed salad greens
2 large + 5 small button mushrooms
7 small red capsicums
1 green capsicums (bell pepper)
4 avocadoes
4 bunches asparagus
3 beetroots + leaves
2 brown onions
5 shallots (green onion)
4 carrots
5 small - medium sweet potatoes
7 small cucumbers (I use Lebanese cucumbers)
23 cloves garlic (2 bulbs) or (use crushed garlic in a jar)
100g ginger
5 long red chillies
300g spinach
1/3 broccoli head
1 iceberg lettuce
5 sticks celery
200g pumpkin
1/4 green cabbage
bunch fresh coriander
1 T fresh parsley

Nuts, Seeds & Grains

4 T almonds
3/4 cup gluten free oats
4 T hemp seeds
6 Medjool dates
2 T pepitas (pumpkin seeds)
4 T chia seeds
1 T sesame seeds
1/2 cup walnuts
2/3 cup quinoa
1-1/2 cups pecans
1/4 cup raisins

Proteins

4 salmon steaks
1kg beef mince
500g pork mince
14 eggs
400g chicken thighs
480g vanilla protein powder
1 can (400g) kidney beans
1 can (400g) black beans
1 can (400g) chickpeas

Pantry Items

1-1/2 cups almond meal (flour)
1 tsp apple cider vinegar
1/2 cup almond milk
500mls beef stock
1/4 cup cacao nibs
2 T coconut amino sauce or tamari
60mls gluten free soy sauce
365g coconut oil
2 T fish sauce
3 litres coconut water
20ml honey
4 T olive oil
1/4 cup rice malt syrup
80mls sweet chilli sauce
1 tsp tapioca flout
2 T tomato paste
3 T cinnamon
1/2 tsp dried chilli flakes
1 tsp bi-carb soda
2 cups brown rice
ground black pepper
Himalayan pink salt
2 tsps hot paprika
3 T + 1 tsp cumin
1 T sweet paprika
3 tsps nutmeg
1 tsp turmeric
2 tsps cardamon
1 tsp all spice
1 T + 1 tsp ground ginger
2 tsps cloves

Be sure to check your pantry and kitchen as you may have many items on hand already. Please make substitutions any time you like, swapping out protein for protein, green for green, fat for fat and carb for carb whenever possible.

Food Prep

If you choose to prep the meals for the week in advance, these are a guide to what you'll make after shopping, and I've listed an easy-to-follow sequence for you. Or you can prep your own sequence based on your week ahead. Just reference the recipes below.

You will not make every single recipe during this session, as some things are simple and fast and better fresh (i.e., Baked Salmon, Sweet Potato Pancakes, Poached Eggs etc.)

Always look ahead at the recipes and make sure you have all your ingredients and tools. Remember to clean as you go!

1. Soak the **Overnight Oatmeal** for the **Protein Smoothie Bowls** with the acidic medium for at least 8 hours.
2. Mix up the batter for the **sweet potato protein muffins** and get them in the oven.
3. In a separate pan, cook the **chickpeas** for the Mexican Chickpea Salad.
4. Prepare the **vegetables for roasting** – cut into bite size pieces and store in the fridge in a ziplock bag, until ready to use.
5. Prepare the ingredients for the **Chilli con Carne** or **Chilli Quinoa** and get it cooking on the stove.
6. For the **beetroot** place them into a saucepan and cover with water and add in 1 T apple cider vinegar and bring to the boil and boil for 40 - 45 mins. (Poke with a skewer, if goes in easy it is ready).
7. Prepare **trail mix** for your snacks.
8. Prepare the vegetables for the **chicken stir fry** or **tofu stir fry** and store in the fridge in a ziplock bag until ready to use.
9. Mix and store the **nutritious green salad** and dressing separately.
10. Do your **green smoothie** set-ups, or simply wash fruit and greens. Chop greens into bite-sized pieces and bag up so you have the ingredients ready to go and can vary your smoothies as you like.
11. Prep the **oats** ready for the **smoothie bowls.**

The servings of each meal will depend on who you are cooking for. If the serve is for one and you need two, adjust the quantities to suit. The same goes for a serving of four, if you only need to make two then adjust the quantities to suit.

Recipes – Week 1

Breakfast

Poached Eggs with Sautéed Asparagus

Ingredients

(serves 1)

- 2 eggs
- 1 T apple cider vinegar
- pinch salt
- 5 asparagus spears
- 1/4 cup blueberries
- 1 T almonds, roughly chopped
- 2 tsps sweet chilli sauce

Preparation

To prepare poached eggs make sure you use the freshest eggs. Fill a saucepan with water to a depth of 8cm/3in, add a tablespoon of apple cider vinegar and a pinch of salt then bring to a simmer over low to medium heat.

Method

While waiting for the water to simmer, sauté asparagus. Heat oil in a large pan over medium-high heat. Add the asparagus spears; and cook for 2-5 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat and cook an additional 5 minutes.

Crack the eggs and break over the pan just above the water. Poach for 3 – 5 mins to desired firmness. Remove with perforated spoon so that the water dissipates.

Serving Suggestions

Spread sweet chilli sauce over a plate and layer asparagus, place poached eggs on top and sprinkle with chopped almonds.

vegan version: poached eggs

Ingredients:

- 150g organic silken tofu
- 1/2 tsp salt
- 1/2 tsp tapioca powder
- 100g pumpkin, cooked
- 2 tsp lemon juice
- 2 tsp nutritional yeast
- 1/4 tsp black pepper

Method:

To make the egg white, blend silken tofu, tapioca, and 1/4 tsp black salt until super smooth. Set aside. Blend remaining ingredients until smooth to make the egg yolk.
Bring water to boil in a pot, then spoon about 1/4 of the egg white mixture into an egg poaching cup or small glass, making a little indent in the centre. Place 1 spoonful of the egg yolk mixture in the centre of the white, then top with another 1/4 of the egg white mixture to cover. Repeat to make a second egg.

Place the poaching cup into the simmering water and cook for about 5 minutes, until the white is firm. Remove from water and allow to cool slightly.

Serving Suggestions

Spread sweet chilli sauce over a plate and layer asparagus, place poached eggs on top and sprinkle with chopped almonds.

Sweet Potato Pancakes

Ingredients

(serves 1)

- 1/2 cup sweet potato puree (I made my own)
- 2 eggs
- 1 T coconut milk or milk of choice (you can add a splash more if the batter is too thick)
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger powder
- 1 scoop (30g) vanilla protein powder

Method

Add all ingredients into a bowl or your blender and blend until creamy and well-mixed. Have your pan at medium heat and coated with a little coconut oil. Allow them to cook on the first side until the colour/texture of the top starts to change slightly, or small indented bubbles form. Then flip, cook completely on the other side – not quite as long – and serve hot.

Serving Suggestions

Also great with some fresh berries on top! Perfect post-workout fuel!!

Protein Smoothie Bowl

Ingredients

(serves 1)

- 1/2 cup cooked oats (I like to use Steel Cut Oats)
- 1/2 banana
- 1/2 cup mixed berries
- 1/4 cup almond milk (or milk of your choice)
- 1 scoop (30g) of vanilla protein powder

Preparation

I like to cook my oats the night before. The recipe below is for 4 serves, that way you will have extra oats on hand to experiment with.

- 1 cup steel cut oats
- 2 cup water
- 2 T of an acidic medium like lemon juice or apple cider vinegar

Method

Place oats in bowl, and cover with water and lemon juice. Cover and leave on the counter (NOT in the fridge!) for at least 8 (but no more than 24) hours.

The Next Day: Strain off the water from the oats and give them a quick rinse with fresh water. Combine the soaked oats with 1-1.5 cups of fresh, filtered water on stovetop. Allow to simmer for several minutes, stirring occasionally and then remove from heat.

This is a great time to add in some spice if you are so inclined. I like to add in some turmeric, cinnamon, and ginger usually just a teaspoon of each. Adds such a delicious flavour to the oats.

Method

Blend everything in your blender (I use a Vitamix) – depending on what type of blender you use you may need to add a little liquid to stop the mix from sticking to the sides. I like the consistency to be smooth and creamy.

Serving Suggestions

Serve with your favourite toppings e.g. fresh berries, kiwi fruit, figs, goji berries, banana, almonds, crushed nuts. I added a tsp of Greek yoghurt to swirl a pattern, you can certainly get creative here.

Smoothies

Pineapple Chia Chai Smoothie!

Ingredients
(serves 2)

- 1 T chia seeds
- hulk thumb size piece ginger
- 1 T hemp seeds
- 4 frozen pieces of pineapple (or fresh)
- 1 apple
- handful of spinach
- 1 small cucumber
- 6 beetroot leaves
- 1 lemon
- 1/2 tsp each of cardamon, cinnamon, nutmeg & cloves
- 3 cups coconut water

Preparation
**Tip: To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

Method
Blend all ingredients together until smooth!!

Serving Suggestions
Sprinkle top with some extra chia seeds for an additional boost!!

Berry Beet Smoothie!

Ingredients
(serves 2)

- handful spinach
- 1 /2 large beetroot (cooked)
- 1 small cucumber
- 1 apple
- 1 cup Blueberries
- 1 small lime
- thumb size piece ginger
- 1 scoop (30g) vanilla protein
- 1 tsp cinnamon
- 3 cups coconut water

Preparation
With the Beetroot, I cooked it the day before. Put Beetroot into a saucepan and cover with water and boil for 30-40 mins until you can poke a skewer through it. You don't want it too hard or too soft, just right.

**Tip: To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, kale leaves &) with the liquid first, then add the remaining ingredients.*

Method
Put all ingredients into a blender and blend until smooth!!

Mains

Chilli Con Carne

Ingredients
(serves 4)

- 500g grass fed minced beef (or turkey mince)
- 1 brown onion (chopped finely)
- 6 garlic cloves
- 2 small (red) hot chillies
- 1 T cumin
- 2 tsp cinnamon
- 1 tsp hot paprika
- 1 carrot (chopped finely)
- 2 celery sticks (chopped finely)
- 3 small red capsicum
- 2 (400g) cans – 1 x red kidney beans and 1 x black beans (well rinsed and drained)
- 1 can (400g) organic tomatoes
- 250mls beef stock
- 2 T olive oil

Method
In a large pot add olive oil on medium to high heat. Then add the onions, garlic, chilli and spices, cook until onion is soft, (not burnt) this is called sweating the onions. When ready add in the beef stock, beef, and stir until meat is browned. Add in remaining ingredients, carrot, celery, capsicum, beans, and tomatoes. Bring to the boil and then reduce heat and simmer for 1 hr until liquid has reduced.

Vegan Option:
Replace grass fed minced beef with 2 cups cooked **Quinoa**, and beef stock with either **vegetable stock or water** and organic natural yoghurt with **coconut yoghurt.**
In a large pot add olive oil on medium to high heat, then add the onions, garlic, chilli, and spices, cook until onion is soft, not burnt this is called sweating the onions.

Pour in the stock/water, and quinoa, stir until flavours are mixed. Add remaining ingredients, carrot, celery, capsicum, beans, and tomatoes. Bring to the boil and then reduce heat and simmer for 1/2 – 1 hr until the liquid has reduced.
Serve with gluten free corn chips, guacamole & dollop of coconut yoghurt.

Serving Suggestions
Serve with gluten free corn chips, guacamole & dollop of organic natural yoghurt.
Keep some leftovers for lunch!! Wrap some up in a lettuce leaf!

You will need to add the 300g quinoa to your grocery list.

Baked Salmon with Lemon Sauce

Ingredients
(serves 4)

- 4 Salmon Steaks (400g)
- 4 T coconut oil
- 100ml lemon juice
- 1 T chopped parsley
- salt and pepper to taste

Preparation
Preheat oven 180°C / 350°F / Gas Mark 4
Bring the salmon to room temperature 10 minutes before cooking.

Method
Using 2 T of coconut oil rub the salmon steaks all over and season with salt and pepper. If you would like some extra spice sprinkle 1 tsp dried chilli flakes over the salmon steaks. Place skin-side down (if your salmon has the skin on) on a baking tray lined with baking paper. (Make sure the oven is hot) Bake in oven for 12-15 mins until opaque and flaky. While cooking add remaining coconut oil in a pan. When coconut oil is completely melted add the lemon juice and allow to foam up.

Add the chopped parsley and pour sauce over the fish.

Serving Suggestions
Serve with roasted vegetables and asparagus.

Vegan option:
Replace salmon steaks with Tempeh pieces.
You will need to add the 300g of tempeh to your grocery list.

Mexican Chickpea Salad

Ingredients
(serves 4)

- 1 T cumin powder
- 1/2 tsp chilli flakes
- 1 T sweet paprika powder
- 2 T coconut oil
- 1 can chickpeas (400g) – drained and washed
- Small red onion – finely chopped
- 4 cloves garlic – finely chopped
- 2 T tomato paste
- 250ml water (1 cup)

Method
In a non-stick pan over medium heat add coconut oil, onion, garlic, and spices and cook until fragrant. Add the chickpeas, tomato paste and water and simmer until water has evaporated being careful not to burn the chickpeas. Set aside while you get the salad ingredients ready.

Serving Suggestions
Click here for my **Nutritious Green Salad recipe!**

Pork San Choy Bau

Ingredients
(serves 4)

- 1 T coconut oil
- 4 garlic cloves – chopped finely
- 1 T ginger – chopped finely
- 4 shallots – sliced thinly
- 500g pork mince
- 2 large button mushrooms – chopped finely
- 1/2 carrot chopped finely
- 1 T fish sauce
- 2 T coconut aminos
- 1 fresh red chilli – sliced (hot or mild chilli to taste)
- salt & pepper to taste
- 100g bean sprouts
- 4 coriander roots, finely chopped
- 4 – 6 iceberg lettuce leaves (washed and dried)
- fresh coriander leaves for garnish
- 1 lime cut into wedges to serve

Method
Heat a large frying pan or wok on medium to high heat and the coconut oil and swish around the wok. Add the garlic, ginger, chilli, coriander roots, salt & pepper and cook while stirring for 1 minute.

Once the aromatic smell of the spices tingles the nostrils add the pork mince, mushrooms and carrot mixing through the spices and cook for 5 – 10 minutes, stirring until cooked and browned.
Pour in the coconut aminos and fish sauce and stir through. Mix in the bean sprouts and remove from the heat.

Spoon into cos or ice-berg lettuce leaves, sprinkle coriander leaves on top and serve with a wedge of lime. Also tastes good with a dash of **sweet chilli sauce!**

Vegan option:
Omit fish sauce and replace pork mince with Silken Tofu
You will need to add the 400g of tofu to your grocery list.

Tasty Chicken Stir Fry

Ingredients
(serves 4)

- 400g Chicken thigh thinly sliced – or cut into dice size
- 2 T coconut oil
- 1 half of red and green capsicum (deseed and cut into dice size)
- 100g or 1/3 broccoli cut into florets
- 2 small brown onions – sliced thin wedges
- 5 button mushrooms – sliced thinly
- 2 sprigs shallots – sliced on angle
- 4 cloves garlic or 2 T crushed garlic
- Salt and pepper to taste
- 1 carrot – sliced on angle
- 2 cups brown rice – cook to serve

Sauce:

- 60ml soy sauce & sweet chilli sauce (gluten free)
- 1/2 Lemon – Juiced
- 20ml Honey

Preparation
Mix sauce ingredients together and set aside.

Method
Into a hot pan add 2 T coconut oil and allow to melt, then add chicken, and cook for 2-3 minutes. Place in all vegetables except broccoli and cook for an additional 2 minutes and toss or stir well. Add broccoli & garlic, toss for another 2 minutes. Pour over your sauce. Allow to cook for 8-10 minutes

Serving Suggestions
Serve on a bed of rice or delicious zucchini noodles or ribbons!
A few cashews sprinkled on top adds a little crunch to the dish also, something I like to add on.

vegetarian option: replace chicken with **extra firm organic tofu**
You will need to add the 400g of tofu to your grocery list.

Sides

Guacamole

Ingredients
(serves 4)

- Juice of – 1/2 Lemon
- 1 fresh red chilli (hot if you prefer spicy) – finely chopped or 1 tsp of sweet chilli sauce
- A few sprigs of fresh coriander – chopped - (retain a bit for garnish)
- 1 shallot - sliced (retain a bit for garnish)
- 2 ripe avocados
- 1 strip of red capsicum – finely chopped (retain a bit for garnish)

Method
Halve and stone the avocados and scoop out the flesh and put into a bowl. Mash together with a fork. Squeeze over the lemon juice and add chopped chilli, coriander, shallot, and capsicum. Season with salt and ground black pepper to taste and then garnish with coriander, spring onion and capsicum.

Mixed Roast Vegetables

Ingredients
(serves 4)

- 2 sweet potatoes
- 1 beetroot
- 2 T coconut oil
- ground sea salt and ground black pepper
- 1 tsp cumin

Preparation
Preheat oven to 180°C / 350°F / Gas Mark 4
Wash the vegetables well and cut into medium size pieces.

Method
Place the cut vegetables and coconut oil in a baking dish and toss to coat. Sprinkle with cumin and season with salt and pepper.
Then, bake in preheated oven for 40 minutes or until soft. Turn after 20 mins and if you want a more caramelised texture, turn up the heat to 200°C / 400°F / Gas Mark 6 for a further 20 mins and this applies to any roast vegetable.

Serving Suggestions
Use the leftovers in a salad for lunch

Nutritious Green Salad

Ingredients:
(serves 4)

- 1/4 green capsicum finely sliced
- 1 celery stick finely sliced
- 1/4 green cabbage finely sliced
- 2 handfuls mixed salad greens
- I large shallot finely sliced
- 1 T black sesame seeds or white
- 2 T pepitas

Method:
In a large bowl mix the greens together, then sprinkle the sesame seeds & pepitas on top. Just before serving squeeze 1/2 lemon juice, and salt and pepper to taste and toss to combine.

Sautéed Asparagus

Ingredients
(serves 2)

- 2 bunches fresh asparagus
- 1 T coconut oil
- ground sea salt and ground black pepper
- 3 cloves garlic – finely chopped

Method:
Heat oil in a large pan over medium-high heat. Add the asparagus spears; and cook for 2-5 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat and cook an additional 5 minutes.

Zucchini Ribbons or Noodles

Ingredients:
(Serves 4)

- 2 med size Zucchinis
- Boiling hot water
- 1/2 tsp dried chilli flakes
- ground sea salt and ground black pepper

Method:
For Ribbons:
Slice zucchini into ribbons with a vegetable peeler. Place into a heat proof bowl and sprinkle with salt, pepper, and chilli. Cover with boiling hot water so that all the zucchini is covered. Set aside for 2 mins. Drain and serve with your favourite pasta sauces.
For Noodles:
Using a mandolin or julienne slicer, cut zucchini into strips. And follow the same directions as the Ribbons.

Snacks

Sweet Potato Protein Muffins

Ingredients

- 1 1/2 cups almond meal
- 1/2 cup (120g) vanilla protein powder
- 1 tsp each turmeric, cinnamon, nutmeg, and all spice
- 1 tsp bi-carbonate soda
- 1 T ground ginger
- 1/2 tsp salt
- 1/2 cup coconut oil
- 1/4 cup rice malt syrup
- 4 eggs
- 6 Medjool dates
- 1 cup sweet potato purée (1 small, sweet potato cooked and mashed)
- 1 tsp apple cider vinegar
- 1 cup chopped pecans

Preparation

Preheat oven 170°C / 325°F / Gas Mark 3 Put muffin papers into a 12-muffin tray.

Method

Mix dry ingredients in a bowl – almond meal, protein powder, cinnamon, nutmeg, ginger, all spice, salt & bi-carb mix through to combine and make sure there are no lumps.
In a blender/food processor mix all wet ingredients – coconut oil, rice malt syrup, eggs, dates, sweet potato & apple cider vinegar and blend until combined.
Add the wet mixture to the dry mixture and mix thoroughly until thick and fluffy. Add the pecans and fold through.
Spoon mixture into each muffin paper 3/4 full, top with sesame seeds/hemp seeds, desiccated coconut & cacao nibs.
Bake for 20-25 mins (poke with a skewer and if it comes out clean, they are ready).

Serving Suggestions

For garnish use sesame/ hemp seeds, desiccated coconut & cacao nibs.

Trail Mix Cacao Nibs

Ingredients

(1/2 cup per serve = 3 serves)

- 1/2 cup pecans
- 1/2 cup walnuts
- 1/4 cacao nibs
- 1/4 cup raisins

Method

Mix all ingredients together and store in an airtight container.

Serving Suggestions

Serve 1/2 cup of trail mix and add 1 T of fresh blueberries after dinner along with a cup of herbal tea. Such a delicious and healthy snack!

Daily Menu – Week 1

You can ALWAYS mix up the order of the meals to suit you – you may like to have dinner for breakfast and a green smoothie for dinner depending on the day you've had.

Vegetarian meals are listed in the daily menu, look for the "V" for alternative meals.

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Day 1	Sweet Potato Pancakes	Pineapple Chia Chai Smoothie	Baked Salmon with Lemon Sauce **V:** Baked Tempeh with Lemon Sauce	1/2 Cup Trail Mix	Chilli Con Carne **V:** Chilli Quinoa
Day 2	Poached Eggs with Sautéed Asparagus **V:** Tofu Poached Eggs	Berry Beet Smoothie	Chilli Con Carne **V:** Chilli Quinoa	1 Sweet Potato Protein Muffin	Mexican Chickpea Salad **V:** Mexican Chickpea Salad
Day 3	Protein Smoothie Bowl	Pineapple Chia Chai Smoothie	Mexican Chickpea Salad **V:** Mexican Chickpea Salad	1 Sweet Potato Protein Muffin	Pork San Choy Bau
Day 4	Sweet Potato Pancakes	Berry Beet Smoothie	Pork San Choy Bau	1/2 Cup Trail Mix	Tasty Chicken Stir Fry **V:** Tasty Tofu Stir Fry
Day 5	Poached Eggs with Sautéed Asparagus **V:** Tofu Poached Eggs	Pineapple Chia Chai Smoothie	Tasty Chicken Stir Fry **V:** Tasty Tofu Stir Fry	1 Sweet Potato Protein Muffin	Baked Salmon with Lemon Sauce **V:** Baked Tempeh with Lemon Sauce
Day 6	Protein Smoothie Bowl	Berry Beet Smoothie	Chilli Con Carne **V:** Chilli Quinoa	1 Sweet Potato Protein Muffin	Night Off – Some else gets to cook
Day 7	Sweet Potato Pancakes	Pineapple Chia Chai Smoothie	Some else gets to cook	1/2 Cup Trail Mix	Chilli Con Carne **V:** Chilli Quinoa

You can eat greens and vegetables as much as you want – it is best to vary the amount of raw and cooked veggies in the day.

All the foods in the Meal Plan that I am suggesting you eat will naturally help decrease discomfort in your digestive system by eliminating processed foods and common

inflammatory – causing foods. You will improve your immune system, stimulate your metabolism, help balance your blood sugar and regulate your hunger naturally.

Creating more energy and an optimal state of wellness. If you would like to continue this journey you can get more from **Not Just Fresh Air.**

Part 3: Week 2 14-Day Meal Plan

Bevshealthyfood
Nutrition, Health and Wellness Coach

Weekly Plan Sheet

	Activity	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						

Don't forget to plan what exercise you will be doing for the week! You may go for a walk each day or even a swim, as long as you do some physical activity to keep active. You can change which nights you have off to go out for dinner or when someone else cooks! At least two!
This is a guide only!

Getting Started

1. **Browse through the Recipes** and make note of any recipes that look good to you. If you're new to cooking or food prepping, I don't recommend doing an entire week of food prep right off the bat. This document contains the recipes, grocery list and daily menu for each week.

2. **Be sure you have the necessary kitchen tools** for the recipes you'll be making, plus whatever to-go containers you need to pack your daily food when you're not at home.

3. **Pick a few good recipes and write down the ingredients** for them and buy them. I would start with 1 or 2 green smoothies and a couple of the entrees. Try making them as you go through your week, so you can get used to what it's like to do a little cooking.

4. **If you feel like jumping right in and doing weekly food prep,** dive in and adjust the weekly plan to suit you. You can make substitutions in any of the recipes - i.e., turkey's expensive, but chicken is on sale - swap it out. Can't find kale? Get another dark, leafy green instead! Use the Vegetarian recipes when you want an alternative.

5. Even when you're not following the plan or doing food prep, **you can use the daily menus as a guideline of eating a good balance of nutrients** by matching what you're buying or ordering along the same lines as what's listed in your menu.

6. **Use the Daily Menus as a guideline**. The portion sizes should be adjusted. You'll be able to do that as you go through very easily by increasing or decreasing your portion sizes.

7. **Use your phone alarm to remind yourself of things that will help you stay on track** throughout the day. It's with you all day long and has simple features like an alarm you can set to keep you on track! Use it!

8. **You can ALWAYS mix up the order of the meals any day you like** to accommodate your workout schedule, your work schedule, and anything else you have going on.

Using the Grocery List

The grocery list is written to correspond to the suggested daily menu. You will absolutely be able to customize this as you go through it. If it's your first time doing something like this, try it out as it is written, then adjust as you go.

Food Prep Session

If you choose to prep all your food, you can really save yourself a lot of time throughout the week and have food ready to go.

If you aren't used to cooking, this may feel like a lot of work! Don't worry though, each recipe is very simple, comes with follow-along directions and once you have done it you will be that much faster and more efficient each time. Preparing your meals helps to monitor the exact ingredients you are putting into your body.

You do not have to do it all at once. Starting off with one or two new things - especially if you're new to cooking - is a GREAT way to get comfortable.

Substitutions and Swaps

Use this meal plan as a guideline and substitute any of your own healthy recipes to suit your preferences.

If the daily menu calls for scrambled eggs for breakfast, you may cook the eggs using any other method you desire, such as poached, etc.

Be sure to compare the weekly grocery list to what is in your kitchen pantry/fridge, so you don't buy something you already have on hand.

Kitchen Tools You'll Need

•High-power blender
•Food processor
•Baking sheets
•8x8 Baking dish
•Medium and large pot
•Skillet
•Spatula - rubber and grill
•Whisk
•Ladle
•Mesh strainer
•Can opener
•Mixing Bowls
•Wooden spoon
•Cutting board and knives
•Measuring cups and spoons
•Parchment paper
•Ziploc bags
•Tupperware containers (I prefer glass containers with any kind of top)
•Lunchbox/food carrier
•Portable smoothie/drink carrier
•Garlic press (optional)

Part 3: Grocery List – Week 2

Fruit & Vegetables

7 apples
7 lemons
3 bananas
4 limes
4 chunky pieces pineapple
1 pear
6 passionfruit pulp
500g strawberries (fresh or frozen)
1/2 watermelon
450g kale
18 medium button mushrooms
1 green chilli
2 avocadoes
2 bunches asparagus
16 beetroot leaves (or mixed greens)
3 brown onions
2 red onions
1 shallot (green onion)
13 carrots
2 large zucchinis
2 small fennel bulbs
4 small - 5 medium sweet potatoes
2 large white potatoes
12 cloves garlic (1 bulb) or (use crushed garlic in a jar)
240g ginger
360g spinach
1 bunch broccolini
1 punnet cherry tomatoes
1 bunch fresh coriander
1 bunch fresh mint
1 T fresh parsley
3 sprigs fresh rosemary or use dried
4 sprigs fresh thyme or use dried

Nuts, Seeds & Grains

1/4 cup unsweetened dried cranberries
1/2 cup hemp seeds
1/4 cup goji berries
1/4 cup pepitas (pumpkin seeds)
1/4 cup chia seeds
1/4 cup sesame seeds
1/2 cup mixed nuts (walnuts, almonds, cashews)

Proteins

2 barramundi fillets
4 pork steaks (500g)
2 kg lamb leg bone (in or out – your choice)
1 kg turkey breast mince
16 eggs
80g goat cheese
500g chicken thighs
540g vanilla protein powder
60g chocolate protein powder
1 can (400g) black beans
3 tsps maca powder

Pantry Items

1 100g block 85% dark chocolate
2/3 cup almond meal (flour)
1 T apple cider vinegar
625 mls beef stock
60 mls coconut amino sauce or tamari
120g coconut oil
400 mls coconut milk
5 litres coconut water
1 tsp sesame oil
125 mls olive oil
1 cup rice malt syrup
1 cup nut butter (I used peanut butter)
1/4 cup coconut flakes
2 T desiccated coconut
3 tsps cinnamon
1 tsp dried chilli flakes
1 tsp baking powder
ground black pepper
Himalayan pink salt
2 T cumin
1 tsp sweet paprika
1 T Sichuan pepper
1 T turmeric
1 tsp dried coriander powder

Be sure to check your pantry and kitchen as you may have many items on hand already. Please make substitutions any time you like, swapping out protein for protein, green for green, fat for fat and carb for carb whenever possible.

Food Prep

If you choose to prep the meals for the week in advance, these are a guide to what you'll make after shopping, and I've listed an easy-to-follow sequence for you. Or you can prep your own sequence based on your week ahead. Just reference the recipes below.

You will not make every single recipe during this session, as some things are simple and fast and better fresh (i.e., Braised Barramundi, 5 min Pancakes, Scrambled Eggs etc.)

Always look ahead at the recipes and make sure you have all your ingredients and tools. Remember to clean as you go!

1. Do your **Green Smoothie** set-ups, or simply wash fruit and greens. Chop greens into bite-sized pieces and bag up so you have the ingredients ready to go and can vary your smoothies as you like.
2. Prepare the **Chocolate Chia Puddings** and place in the fridge, ready to use.
3. Mix up the batter for the **Peanut Butter Crunch Biscuits** and get them in the oven.
4. Prepare **Leg of Lamb** or **Vegan- Roast Loaf** per instructions.
5. Prepare the **vegetables for roasting** – place the cut vegetables and coconut oil in a baking dish and toss to coat. Sprinkle with cumin and season with salt and pepper place in roasting pan.
6. Cut the vegetables for the **Roasted Carrot, Fennel, Caramelised Onions, and Kale Salad** and season the carrots then spread onto a large baking tray and place it in the oven. Roast for 25 minutes. After 25 minutes, add the fennel slices to the same baking tray and gently stir to coat the fennel in the aromatic spice mix.
7. Prepare the ingredients for the **Chilli Spiced Chicken or Tofu Bites** and get them in the oven.
8. Prepare **trail mix** for your snacks.

The servings of each meal will depend on who you are cooking for. If the serve is for one and you need two, adjust the quantities to suit. The same goes for a serving of four, if you only need to make two then adjust the quantities to suit.

Recipes – Week 2

Breakfast

5 Minute Protein Pancakes

Ingredients:
(serves 1)

- 1 banana
- 2 eggs
- 1 serving (30 grams) vanilla protein powder or chocolate protein powder

Method:
Mash the banana in a bowl with a fork. Whisk in the egg, and protein powder.
Preheat a pan over medium heat and spray with cooking oil or add 1 tsp coconut oil.
Mix all ingredients together until well combined, thick, and smooth. (if the mixture is too thick add another egg).

Heat a pan over medium heat and grease with coconut oil. Pour mixture onto the pan in even sized amounts (I get 4 good size pancakes) and cook until small bubbles begin to form on the surface, and the bottom begins to change colour slightly. Flip and cook briefly on the other side. Keep an eye on them as they can burn easily.

Serving Suggestion:
Top with fresh berries of choice and a drizzle of lemon juice.

Chocolate Chia Breakfast Pudding

(serves 2)

Ingredients:

- 1/4 cup chia seeds
- 1-1/2cups coconut milk (or milk of choice)
- 2 T rice malt syrup
- 2 T desiccated coconut
- 2 scoops (60g) chocolate protein powder or 2 T cacao powder

Method:

Mix chia seeds, coconut milk, coconut, protein powder, and rice malt syrup together in a blender (If you prefer to have your chia seeds whole, like I do, then mix ingredients in a bowl) and pour into individual jars or glasses. Let it set in the refrigerator overnight.
Remove it from the fridge, and make sure your pudding looks thick and the chia seeds have gelled.

Serving Suggestion:

Top with your favourite toppings, I like coconut flakes and blueberries.

Scrambled Eggs with Sautéed Mushrooms

Ingredients

(serves 3)

- 6 eggs
- 2 T olive oil
- 8 mushrooms sliced
- 8 cherry tomatoes
- 1 T chopped parsley
- 2 cups baby spinach

Method:

Heat a pan to medium heat and add mushrooms and cherry tomatoes. You can sprinkle with a little bit of coconut amino sauce or tamari if you have any. This adds extra flavour. Once mushrooms & tomatoes are nearly cooked, add spinach for a minute to wilt then remove from pan onto plates.

Whisk eggs in a bowl. Add to the pan that the mushrooms were cooked in with some olive oil. Add the eggs and stir with a spatula. When eggs are nearly cooked, sprinkle with some chopped parsley and mix through.

Serving Suggestions

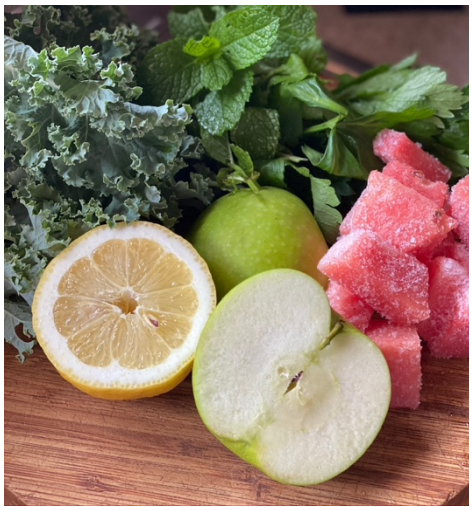
Serve on top of sautéed mushrooms and spinach and tomatoes on the side.

Vegan option:

Replace eggs with 125g firm tofu, very well drained. ***You will need to add 125g of tofu to your grocery list.***

Smoothies

Refresh Smoothie



Ingredients:
(serves 2)

- thumb size piece ginger
- 1/2 lemon (peel removed)
- 1 apple
- 8 frozen strawberries
- 1 slice watermelon
- 2 stalks fresh mint leaves
- handful spinach
- 4 beetroot leaves
- 1/2 tsp cinnamon
- 1/2 tsp turmeric
- 60g vanilla protein powder (I use I ❤️ Vanilla Protein or Thriving Family Smooth Vanilla)
- 3 cups coconut water

Preparation:
***Tip:** To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

Method:
Put all ingredients into a blender and blend until smooth!

Passion Power Packed Smoothie

Ingredients:
(serves 2)

- handful spinach
- 1 carrot
- 2 passionfruit
- 1 apple
- thumb size chunk ginger
- 4 chunky pieces watermelon
- 1 lemon
- 4 chunky pieces pineapple
- 1 tsp cinnamon
- 3 cups coconut water
- 1 tsp maca powder
- 60g vanilla protein powder (I use I ❤️ Vanilla Protein or Thriving Family Smooth Vanilla)

Preparation:
***Tip:** To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, kale leaves etc) with the liquid first, then add the remaining ingredients.*

Method:
Put all ingredients together in a blender and blend until smooth!

Mains

Mexican Sweet Potatoes

Ingredients
(serves 4)
Ingredients
For Sweet Potatoes
4 small, sweet potatoes
1 T extra virgin olive oil
1/2 medium brown onion
1 clove garlic, chopped finely
1 tsp ground cumin
1 tsp paprika
1 tsp oregano
1 tsp ground coriander
200g black beans, drained and washed
1kg turkey mince*

For Salsa
1 cup cherry tomatoes, chopped
1/4 small red onion, diced
Juice of 1/2 fresh lime
Sea salt and black pepper to taste

For the Guacamole:
2 avocados, mashed
1 shallot, finely chopped
1 T fresh coriander, chopped
Squeeze fresh lime
Sea salt and black pepper to taste

Preparation:
Preheat the oven to 180ºC / 350ºF / Gas Mark 4

Method:
Wash and pat dry sweet potatoes. Wrap each sweet potato in foil and place on a baking tray. Bake in oven for approx. 1 hour or until each is soft in the centre.
While sweet potatoes are in the oven, heat olive oil in a frying pan, add onions, spices, and garlic. Sauté over low to medium heat for 5-10 mins or until onions are soft and fragrant.

Add in turkey mince and cook until the meat is done. Then add in the black beans and mix through and heat through dish for 5 mins. Mix all ingredients for the salsa into a bowl and set aside.
In another mixing bowl mash, the avocados and add in the red onion, lime juice, fresh coriander and salt and pepper. Mix until combined.

Once the sweet potatoes are cooked through and cool enough to handle, remove from the foil and cut lengthways to create an opening, being careful not to cut the whole way through. Spoon filling into each sweet potato and top with avocado and salsa.

*Note: to make this vegetarian leave out the turkey mince and add in another 200g black beans.

Lemon Pepper Roast Lamb

Ingredients
(serves 4)

- 6 garlic cloves peeled and crushed
- 3 sprigs fresh rosemary, leaves removed and chopped
- 1 T Sichuan pepper*****
- Zest & juice of 1 lemon
- 1 T olive oil
- 2 kg quality leg of lamb
- Ground sea salt to taste

***** *Sichuan pepper is not actually pepper, but the dried red-brown berries of a type of ash tree that have a lemony, peppery aroma. Sichuan pepper has the characteristic 'mouth-numbing' quality typical of many dishes from the Sichuan province of China. It is also one of the spices used in Chinese five-spice powder.*

Preparation:
Preheat the oven to 200ºC / 400ºF / Gas Mark 6

Method:
In a medium size bowl, mix the crushed garlic, chopped rosemary, Sichuan pepper, lemon zest and juice and olive oil together. Season the lamb with salt and rub the marinade into it. Place into a large roasting pan and put into the oven.
Cook for about 1 1/2 hours. Baste the lamb halfway through. Take it out of the oven and cover with tinfoil and leave for 15 minutes before serving.

Serving Suggestions:
Carve and serve with mixed roast vegetables or salad.

Vegan-vegetarian option on the next page:

Vegan – Roast Loaf

(serves 4)

- 1 small -medium sweet potato
- 2 cloves garlic – minced
- 1 brown onion
- 2 stalks celery
- 1 carrot
- 2 T nutritional yeast
- 1/2 cup chopped walnuts
- 2 440g can cannellini beans or other white beans drained and rinsed
- 1 cup quinoa flakes or gluten free oats
- 2 T coconut aminos or tamari
- 2 T tomato paste

Herbs and Spices Blend:

- 1/4 cup fresh parsley – chopped
- 1/2 T sage either – fresh or dried
- 1 T thyme leaf – fresh or dried
- 1/2 T rosemary – fresh or dried crushed
- 1 tsp paprika (smoked or sweet)
- 1/2 tsp salt or to taste
- 1 T Dijon mustard
- 1/2 tsp ground black pepper

Preparation:

Preheat oven 180°C / 350°F / Gas Mark 4
Wash sweet potato and bake in the oven for 45 mins. Once cooked set aside and allow to cool.

Method:

Cut the onion, celery and carrot into quarters and blend in a food processor until finely chopped or you can chop by hand. Heat a large, non-stick pan over medium to high heat and add the chopped vegetables, including garlic, stirring regularly, until they become tender, for about 6-10 minutes. Add some water if necessary to keep the vegetables from sticking or becoming burnt.

Once they're softened, add 1 can of the drained beans and mash them lightly with a wooden spoon.
Cut the sweet potato into chunks and place into the food processor along with the remaining can of white beans, coconut aminos, tomato paste, spices and herbs including nutritional yeast. Process until roughly smooth. Add the walnuts and pulse a few more times. Scrape the mixture into a large mixing bowl and add the quinoa flakes and the cooked vegetables and mix until well combined.

Line a baking tray with baking paper or spray with non-stick cooking spray and spoon the mixture onto the prepared baking surface and using dampened hands to shape it into a rectangle loaf about 6cm/2½ inches high and for 45 minutes or until the top is evenly browned and looks crunchy, then check to make sure that the centre is firm; use a skewer and if it comes out clean it is ready. Finally remove from oven and allow to rest for 10 minutes before slicing.

Serving Suggestions:

Serve with mixed roast vegetables.

You will need to add white beans 2 x (400g cans), plus 2 T nutritional yeast and 1 T Dijon Mustard to your grocery list.

Barramundi Braised in Bone Broth

Ingredients:
(serves 2)

- 2 x 150g barramundi fillets (or white fish of choice)
- 2 T chopped ginger
- 1 tsp powdered turmeric
- 4 cloves garlic – crushed
- 1 large green chilli
- 2 limes juiced
- 3 T coconut aminos sauce
- 1 T coconut oil (melted)
- I bunch coriander chopped
- 1/2 cup bone broth

Method:
Mix ginger, turmeric, garlic, chilli, lime juice, coconut aminos, coconut oil, coriander in a bowl. Place barramundi fillets (or white fish of choice) into a dish and cover with marinade, leave to marinate for 30 mins.

In a shallow pan over medium heat add fish and cover with any remaining marinade and add bone broth. Cover the pan with lid and simmer for 5 – 6 mins.
Fish is cooked when it springs back when touched. Remove from pan and place onto plates to rest. Simmer the remaining sauce until it thickens and pour over fish.

Serving Suggestions:
Serve with homemade potato wedges, steamed broccolini, slice of pear & lemon.

Vegan option:
Replace fish option with Tempeh and bone broth with vegetable broth.
You will need to add the 300g of tempeh and vegetable stock to your grocery list.

Pork Scotch Steak and Mushrooms

Ingredients:
(serves 4)

- 4 pork steaks (1cm thick)
- 10 Button Mushrooms (sliced thinly)
- 1 red onion chopped finely
- 1 tsp red chilli flakes (optional)
- 6 garlic cloves chopped finely
- 2 T coconut oil
- 2 cups beef stock
- Salt and pepper to taste

Method:
Heat a large pan over med – high heat with 1 T coconut and sauté onion, garlic & chilli flakes for 3 mins. Add sliced mushrooms and cook for 5 mins until brown. Add beef stock and simmer.
While mushroom sauce is simmering, heat another pan over high heat with the remaining coconut oil. Once oil is hot, season pork steaks with salt and pepper and cook for 2 mins each side (meat will be pink inside (med rare)) or 3-4 mins if you like your meat cooked well – depending on thickness.
Beef stock should be reduced enough and no need to thicken. – If you like your sauce thicker? You can thicken with some arrowroot flour.

Serving Suggestions:
Serve on a bed of mashed sweet potato and top with sautéed sesame asparagus.

vegetarian option: replace pork steak with **extra firm organic tofu** and beef stock with vegetable stock.
You will need to add the 400g of tofu and vegetable stock to your grocery list.

Chilli Spiced Chicken Bites

Ingredients:
(serves 2)

- 500g chicken thigh meat, chopped into cubes
- 1 T turmeric powder
- 1/2 cup hemp seeds
- 1 T dried chilli flakes
- 1/4 cup sesame seeds
- 1 T cumin
- salt & ground black pepper to taste

Preparation:
Preheat the oven to 180°C/350°F/Gas Mark 4

Method:
Put spices, hemp & sesame seeds into either a freezer or zip lock bag and shake the seed mix together. Toss the chicken cubes very lightly in some coconut oil, or avocado oil. Add chicken to the bag with the seed mix. Shake the bag (ensure the bag is sealed) to coat the chicken with the crust mix. Once coated place the chicken pieces on a baking tray lined with baking paper. Cook for 30 – 45 mins being sure not to dry out the chicken.

Serving Suggestions:
Serve a top of Roasted Carrot, Fennel and Caramelised Onions and Kale Salad.

vegetarian option: replace chicken with **extra firm organic tofu**
You will need to add the 400g of tofu to your grocery list.

Sides

Roasted Carrot, Fennel, Caramelised Onions, and Kale Salad

Ingredients:
(serves 2)

- 8 medium-sized carrots, peeled and sliced diagonally into 1 cm pieces
- 2 fennel bulbs, trimmed and cut into 5 mm slices, fronds reserved
- 2 T extra-virgin olive oil
- 2 brown onions, finely sliced
- goat cheese 80g (3 oz)
- kale 450g (14 oz)
- 1 lime, cut into wedges
- Sea salt and black pepper
- 2 tsps cumin powder
- 2 garlic cloves, minced
- 4 thyme sprigs, leaves picked
- 1 T apple cider vinegar

Preparation:
Preheat your oven to 200°C/400°F/Gas Mark 6.

Method:
Place the sliced carrots in a bowl and toss them with cumin, garlic, thyme, apple cider vinegar, and 1 tablespoon of olive oil. Spread the seasoned carrots onto a large baking tray and place it in the oven. Roast for 25 minutes.

After 25 minutes, add the fennel slices to the same baking tray. Gently stir to coat the fennel in the aromatic spice mix. Sprinkle with a little extra salt and return to the oven. Continue baking for another 30 minutes, or until both the carrots and fennel are beautifully golden.

While the carrots and fennel are roasting, heat the remaining olive oil in a large skillet pan. Add the sliced onions. Cook for about 10-15 minutes, stirring occasionally, until the onions turn golden and sweet.
In a large mixing bowl, combine the roasted carrots and fennel with the caramelised onions and kale.

Top the salad with crumbled goat cheese for a creamy, tangy finish.

Serving Suggestions:
Serve with Chilli Spiced Chicken or Tofu Bites or Chickpeas.

Roasted Potato Wedges

Ingredients:
(serves 2)

- 2 potatoes of choice
- 2 tsp olive oil
- Salt and pepper to taste

Preparation:
Preheat the oven to 180°C/350°F/Gas Mark 4. Line a tray with baking paper.

Method:
In a bowl toss the potatoes to season with oil, salt, and pepper. Spread the potatoes onto the baking tray and bake 20-25 minutes, until crispy and brown.

Serving Suggestions:
Serve with Barramundi Braised in Bone Broth or Tempeh Braised in Vegetable Broth

Mixed Roast Vegetables

Ingredients
(serves 4)

- 2 sweet potatoes
- 2 large zucchinis
- 2 large carrots
- 2 T coconut oil
- ground sea salt and ground black pepper
- 1 tsp cumin

Preparation:
Preheat oven to 180°C / 350°F / Gas Mark 4
Wash the vegetables well and cut into medium size pieces.

Method:
Place the cut vegetables and coconut oil in a baking dish and toss to coat. Sprinkle with cumin and season with salt and pepper.

Then, bake in preheated oven for 40 minutes or until soft. Turn after 20 mins and if you want a more caramelised texture, turn up the heat to 200°C / 400°F / Gas Mark 6 for a further 20 mins and this applies to any roast vegetable.

Serving Suggestions:
Serve with Lemon Pepper Roast Lamb or Vegan – Roast Loaf.

Steamed Broccolini

(serves 2)

Ingredients:

- 1 bunch broccolini
- 1 T olive oil
- 1 clove garlic, minced
- 1 lemon wedge
- salt and ground black pepper to taste

Method:

Place broccolini in a large pan with about 5cm of water; bring to a boil and cook 2 mins and drain.
Heat olive oil in the same pan over medium heat. Stir in garlic and cook until golden and fragrant, 1 to 2 mins. Add broccolini, cook and stir until heated through, 2-3 mins. Squeeze lemon juice over broccolini and season with salt and pepper.

Serving Suggestions:

Serve with Barramundi Braised in Bone Broth or Tempeh Braised in Vegetable Broth.

Mashed Sweet Potato

Ingredients

(serves 4)

- 2 large, sweet potatoes
- ground sea salt and ground black pepper

Method:

Place sweet potatoes in a large saucepan over high heat and cover generously with boiling water. Bring to a boil then reduce heat to medium, and cook uncovered until the sweet potatoes are fork tender, about 15-20 minutes.
Drain the sweet potatoes and return to saucepan. Add the milk, butter, salt, pepper and cinnamon; mash with a potato masher to desired consistency.

Serving Suggestions:

Serve with Pork Scotch Steak or Tofu.

Sautéed Sesame Asparagus

Ingredients
(serves 4)

- 2 bunches fresh asparagus
- 1 tsp sesame oil or if you prefer coconut oil
- ground sea salt and ground black pepper
- 3 cloves garlic – finely chopped
- 1 T sesame seeds

Method:
Heat oil in a large pan over medium-high heat. Add the asparagus spears; and cook for 2-5 minutes, stirring occasionally, or until asparagus is tender. Stir through the sesame seeds before serving. If you like your asparagus well done, reduce heat and cook an additional 5 minutes.

Serving Suggestions:
Serve with Pork Scotch Steak or Tofu.

Snacks

Peanut Butter Choc Crunch Biscuits

Ingredients:
(makes about 24 biscuits - 2 biscuits = 1 serve)

- 2/3 cup almond flour
- 1 tsp baking powder
- 1 tsp vanilla powder
- 1 tsp cinnamon
- 1 cup peanut butter crunchy or smooth, your choice! (I use crunchy)
- 2/3 cup rice malt syrup
- 2 eggs
- 2/3 cup dark chocolate chunks (I use Lindt 90% dark chocolate)

Preparation:
Preheat oven 180C/350F/Gas Mark 4. Line two baking trays with baking paper.

Method:
In a medium sized bowl mix dry ingredients together until combined. In a mixing bowl using an electric mixer or food processor beat, eggs, peanut butter & rice malt syrup until smooth about 2 mins.

Once combined gradually add dry ingredients and mix well. Stir through choc chunks.
Using a soup spoon, spoon the mixture onto prepared baking trays and cook for 11 mins or until golden.

Allow to cool on trays before transferring onto a wire rack.

Trail Mix

Ingredients
(1/2 cup per serve = 3 serves)

- 1/4 cup goji berries
- 1/4 cup dried cranberries
- 1/4 cup unsweetened coconut flakes
- 1/4 cup pepitas
- 1/2 cup mixed nuts (walnuts, almonds and cashews chopped)

Method:
Mix and store in an airtight container or divide into portion size packets and store in the fridge.

Daily Menu – Week 2

You can ALWAYS mix up the order of the meals to suit you – you may like to have dinner for breakfast and a green smoothie for dinner depending on the day you've had.
Vegetarian meals are listed in the daily menu, look for the "V" for alternative meals.

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Day 1	Refresh Smoothie	5 Minute Pancakes	Leftovers from the week before	2 Peanut Butter Choc Crunch Biscuits	Lemon Pepper Roast Lamb w. Roast Veg **V:** Vegan – Roast Loaf w. Roast Veggies
Day 2	Passion Power Packed Smoothie	Chocolate Chia Pudding	Lemon Pepper Roast Lamb w. Roast Veg **V:** Vegan – Roast Loaf w. Roast Veggies	1/2 Cup Trail Mix	Chilli Spiced Chicken Bites w. Roasted Carrot Salad **V:** Chilli Spiced Tofu Bites w. Roasted Carrot Salad
Day 3	Refresh Smoothie	Scrambled Eggs with Sautéed Mushrooms **V:** Scrambled Tofu	Chilli Spiced Chicken Bites w. Roasted Carrot Salad **V:** Chilli Spiced Tofu Bites w. Roasted Carrot Salad	2 Peanut Butter Choc Crunch Biscuits	Pork Scotch Steak and Mushrooms **V:** Tofu Steak and Mushrooms
Day 4	Passion Power Packed Smoothie	5 Minute Pancakes	Pork Scotch Steak and Mushrooms **V:** Tofu Steak and Mushrooms	1/2 Cup Trail Mix	Mexican Sweet Potatoes **V:** Mexican Sweet Potatoes
Day 5	Refresh Smoothie	Chocolate Chia Pudding	Mexican Sweet Potatoes **V:** Mexican Sweet Potatoes	2 Peanut Butter Choc Crunch Biscuits	Barramundi Braised in Bone Broth w. Steamed Broccolini V: Tofu Braised in Vegetable Broth w. Steamed Broccolini
Day 6	Passion Power Packed Smoothie	Scrambled Eggs with Sautéed Mushrooms **V:** Scrambled Tofu	Mexican Sweet Potatoes w. turkey **V:** Mexican Sweet Potatoes w. beans	1/2 Cup Trail Mix	Night Off – Some else gets to cook
Day 7	Refresh Smoothie	5 Minute Pancakes	Scrambled Eggs with Sautéed Mushrooms **V:** Scrambled Tofu	2 Peanut Butter Choc Crunch Biscuits	Night Off – Some else gets to cook

You can eat greens and vegetables as much as you want – it is best to vary the amount of raw and cooked veggies in the day.

All the foods in the Meal Plan that I am suggesting you eat will naturally help decrease discomfort in your digestive system by eliminating processed foods and common inflammatory – causing foods. You will improve your immune system, stimulate your metabolism, help balance your blood sugar and regulate your hunger naturally.

Creating more energy and an optimal state of wellness. If you would like to continue this journey you can get more from **Not Just Fresh Air.**

REMEMBER:

√ Go through your pantry, fridge and freezer and check off what you already have so that you do not double or triple up on items. For example, if you have 4 red apples and you need 6 green apples, use the red ones that is not a problem and only get 2 green ones. Do your best to utilise what you already have.

√ Drink plenty of water at least 2 litres per day

√ If you want to track your fat loss, measure yourself before you begin. Your measurements are a far better indicator than the scales

√ Enjoy your cup of coffee!

√ Avoid sugar and artificial sweeteners as much as possible

want more?

Thinking ahead and planning meals and snacks for yourself or your family is the key to healthy eating. Planning helps manage the budget and makes shopping easier as it is all set out for you.

This 30-Day Meal Plan is a complete plan to help you eat right for a BE WELL LIFE that provides you with:

- shopping lists,
- wholesome home cooked recipes,
- food preparation ideas
- 4 weeks of daily menus

And meal planning tools to help you maintain your healthy lifestyle on track!

Please use and enjoy this complete 7-day meal plan, and when you're ready, check out my Complete 30-day Meal Plan and Recipe Guide: **Not Just Fresh Air!**

30 Days of Nourishing Nutritious Food

About Bev

Bev is a Nutrition, Health, and Wellness Coach, with experience in Sports Nutrition, Gut Health, Psychology, Mental Health First Aid, Behaviour Change and Wellbeing Management, and Menopause.

Bev has always been health conscious but had neglected taking the best care of herself until her early 50's when she decided to take back control of her health and well-being. She is also very interested in understanding the link between the gut and brain and how that affects our behaviours, i.e., depression and anxiety, and how what we eat plays a major role in our wellbeing.

Bev started her journey with Betty Rocker through Instagram and became one of the original Rock Your Life members very early in her fitness journey. Her personal transformation and commitment to health has led her to inspire and empower others to live a healthy, sustainable, vibrant life by eating nutritious, whole foods and engaging in regular exercise.

She loves to spend time with her family out in the ocean on the SUP's (stand up paddle boards), swimming, walking, working out and cooking nutritious food to fuel and nourish her body and traveling to experience what this amazing world has to offer.

You can connect with her on her blog **bevshealthyfood** and get free recipes, and motivation - and sign up to start the **5 Day Food Challenge.**

Connect on **Facebook** and **Instagram**

Disclaimer

The author is a qualified nutrition and health coach, not a nutritionist, dietician, or doctor. This meal plan is for your general information and not intended to be used as medicaladvice.

The author is not responsible in any manner whatsoever for any adverse effects arising directly or indirectly as a result of the information in this publication.

Please consult a health care professional if you have a particular medical condition and are concerned about theinformation in this publication.

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