

**NOT JUST
FRESH AIR**

21 DAY WHOLE FOOD MEAL PLAN



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Welcome to the 21-Day Wholefood Meal Plan.

Hi! I'm Bev, and I'm so glad you're here.

I created this 21-Day Wholefood Meal Plan to help you build simple, nourishing habits that support your health, energy, and overall wellbeing.

I believe healthy eating should be **simple, nourishing, and repeatable**. When you focus on real, whole foods and create healthy habits that fit your lifestyle, nourishing your body becomes a natural and enjoyable part of everyday life.

If you've ever felt overwhelmed by knowing what to eat, planning meals, or staying consistent, you're not alone. That's exactly why I created this guide.

Over the next 21 days, you'll discover delicious wholefood recipes, simple meal ideas, practical shopping lists, and easy preparation tips to help make healthy eating feel achievable and enjoyable.

This guide is designed to take the guesswork out of meal planning while encouraging flexibility along the way. You'll learn simple strategies, like my favourite **Cook Once, Eat Twice** approach, that save time, reduce food waste, and make healthy eating easier on busy days.

Remember, this isn't about perfection. It's about making small, positive choices each day and building healthy habits that work for your lifestyle. Feel free to swap recipes, repeat your favourites, and make this meal plan your own.

My hope is that by the end of these 21 days you'll not only have discovered some delicious new recipes, but you'll also feel more confident planning, preparing, and enjoying nourishing meals for yourself and your family.

I hope this guide inspires you to discover **that** healthy eating can be simple, enjoyable, and rewarding.

Be Well,

Bev xx



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Using the 21-Day Wholefood Meal Plan Guide

You can use this 21-Day Wholefood Meal Plan in a variety of ways, depending on your goals, lifestyle, and where you are on your wellness journey.

Option 1 – Mix and Match

Choose some or all the recipes and incorporate them into your own weekly meal plans.

Option 2 – Follow the Weekly Menus

Use the featured recipes and weekly menus as a guide to create balanced, nourishing meals throughout the day. Whether you're at home, travelling, or eating out, the meal ideas can easily be adapted to suit your lifestyle.

Option 3 – Prepare for the Week

Follow the weekly grocery lists and suggested food preparation sequence to prepare meals and snacks ahead of time. A little preparation can save time during the week and make healthy eating much easier.

Remember, this guide is designed to be flexible. Feel free to swap recipes, substitute ingredients, and adjust meals to suit your preferences, dietary requirements, budget, and what is available in your local area.

Cook Once, Eat Twice

One of my favourite healthy eating strategies is to cook a little extra at dinner and enjoy the leftovers for lunch the next day.

It saves time, reduces food waste, and makes healthy eating much easier on busy days. Throughout this guide you'll see opportunities to enjoy leftovers in different ways. Think of it as giving yourself a head start for tomorrow.

Blueprint for Success

Pay attention to your body's hunger and fullness signals and notice how different foods make you feel. Keeping a simple journal or making a few notes throughout the 21 days can help you discover what works best for you.

Whenever we make changes to our eating habits, our bodies need time to adjust. Be patient with yourself and allow your healthy habits to develop gradually. Adjust portion sizes to suit your individual needs, activity levels, and goals.

My philosophy is simple: healthy eating should be **simple, nourishing, and repeatable**. This guide is about enjoying real food that tastes delicious while creating healthy habits that fit your lifestyle. Over time, these habits can support balanced energy, overall wellbeing, healthy weight management, and a positive relationship with food.

Remember, this journey isn't about perfection. It's about making consistent choices that help you feel your best, one meal at a time.

Getting Started

1. Explore the Recipes

Take some time to browse through the featured recipes for each week and choose the ones that appeal to you most. If you're new to cooking or meal preparation, start with a smoothie, breakfast, or one or two main meals before preparing an entire week's worth of food.

2. Check Your Kitchen

Before you begin, make sure you have the basic kitchen equipment you'll need, along with storage containers for leftovers and meal preparation.

3. Shop with Confidence

Use the weekly grocery lists as a guide and check your pantry, refrigerator, and freezer before heading to the supermarket. You may already have many of the ingredients on hand, helping to reduce food waste and save money.

4. Prepare Ahead

Follow the Suggested Food Preparation Sequence each week to prepare meals, snacks, and ingredients ahead of time.

Some people enjoy preparing several meals at once, while others prefer cooking as they go. There is no right or wrong approach, choose the method that works best for you.

5. Make It Your Own

This meal plan is designed to be flexible. Swap ingredients, substitute proteins, repeat your favourite recipes, and adjust meals to suit your tastes, budget, and lifestyle.

For example, if you don't enjoy tofu, replace it with chicken, turkey, lean beef, or another protein of your choice.

6. Use the Weekly Menu as a Guide

The weekly menus provide a balanced combination of protein, healthy fats, fibre-rich carbohydrates, and colourful fruits and vegetables.

Feel free to swap meals around to suit your work schedule, family commitments, exercise routine, or social events.

7. Adjust Portions

Everyone's nutritional needs are different.

Use this guide as a starting point and adjust portion sizes according to your appetite, activity levels, and individual goals.

8. Enjoy the Journey

Remember, there is no perfect way to follow this guide. Focus on building healthy habits, enjoying nourishing food, and creating a lifestyle that feels realistic, enjoyable, and repeatable for you.

Kitchen Tools You'll Need

You don't need a fancy kitchen to prepare the recipes in this guide. Most can be made using basic kitchen equipment you may already have at home.

Essential Tools

- High-powered blender
- Food processor
- Baking trays
- 20cm x 20cm (8" x 8") baking dish
- Medium saucepan
- Large stockpot or saucepan
- Frying pan or skillet
- Rubber spatula
- Whisk
- Ladle
- Fine mesh strainer
- Can opener
- Mixing bowls
- Wooden spoon
- Chopping board
- Sharp kitchen knife
- Measuring cups and spoons
- Baking paper

Helpful for Meal Preparation

- Reusable food storage containers (glass or BPA-free containers work well)
- Lunchbox or insulated food carrier
- Portable smoothie or drink bottle
- Reusable freezer bags or storage bags

Optional Extras

- Garlic press
- Vegetable peeler
- Citrus juicer
- Salad spinner

Using the Featured Recipes

Each week includes a selection of featured recipes designed to provide a variety of balanced, nourishing meals.

Feel free to mix and match the recipes throughout the week to suit your schedule, family, preferences, or the ingredients you have on hand.

Don't enjoy fish? Swap it for chicken.

Prefer turkey instead of beef? Go for it.

Love one breakfast more than another? Enjoy it more than once.

The goal isn't to follow the meal plan perfectly, it's to build confidence in preparing wholesome meals and create healthy habits that fit your lifestyle.





Simple. Nourishing. Repeatable.

.....

*Small, consistent choices become
healthy habits you can repeat for life.*



Nourishing Smoothies



Good for the Soul Smoothie

(Serves 1)

INGREDIENTS:

- 250 ml (1 cup) almond milk (or milk of choice)
- 1/2 kiwi fruit (leave the skin on)
- Handful of spinach
- 1/2 green apple
- 1 tsp maca powder
- 30g (1 scoop) vanilla protein powder
- 1 cup of frozen mango

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Chocolate Protein Smoothie

(Serves 1)

INGREDIENTS:

- 250 ml (1 cup) almond milk (or milk of choice)
- 1/2 banana
- 1 tsp maca powder (optional)
- 1 medjool date
- 30g (1 scoop) chocolate protein powder
- Ice cubes (optional, for added chill)

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Creamy Pineapple Smoothie

(Serves 1)

INGREDIENTS:

- 1 banana
- 1/2 orange (peeled, but leave as much of the white pith as you can) *
- 1 cup frozen pineapple pieces
- 250 mls (1 cups) coconut milk (or milk of choice)
- 30g (1 scoop) vanilla protein powder

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!

**You will be surprised to know that the pith contains the same amount of vitamin C that is present in the fruit.*



Morning Strength Smoothie!

(Serves 2)

INGREDIENTS:

- 5 kale leaves (leaves only)
- handful spinach
- 1/2 avocado
- 1/2 lime
- 1/2 cup blueberries
- 1 apple
- 1 small cucumber
- thumb size piece of ginger
- 1 T hemp seeds
- handful mint leaves
- 2 cups coconut water/or plain water

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Pear & Blueberry Smoothie

(Serves 2)

INGREDIENTS:

- Thumb size piece of ginger
- 1 lemon
- A good handful of spinach
- 1 pear
- 1/2 cup blueberries
- 1 apple
- 1 Lebanese cucumber
- 1 tsp cinnamon
- 1 tsp maca powder
- 2 cups coconut water

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!



Smashing Strawberry Smoothie

(Serves 1)

INGREDIENTS:

- 250 ml (1 cup) almond milk (or milk of choice)
- 1/2 banana
- 1/2 green apple
- 8 strawberries (fresh or frozen)
- 30g (1 scoop) vanilla protein powder
- handful of ice cubes (optional, for added chill if using fresh strawberries)

METHOD:

Combine all ingredients in a blender and process until smooth and creamy. Pour into your chosen glass and enjoy!

Wholesome Breakfasts



Preparing Your Steel-Cut Oats

One of my favourite ways to make healthy breakfasts **simple, nourishing, and repeatable** is to prepare a batch of steel-cut oats at the beginning of the week. Spending a few minutes preparing them in advance means you'll always have wholesome oats ready to enjoy in your favourite breakfast recipes, making busy mornings that little bit easier.

INGREDIENTS: *Makes approximately 4 serves*

- 1 cup steel-cut oats
- 2 cups filtered water
- 2 tablespoons lemon juice or apple cider vinegar

METHOD:

Place the steel-cut oats into a large bowl and cover with the water. Stir through the lemon juice or apple cider vinegar. Cover and leave on the kitchen bench (not in the refrigerator) for **8–24 hours**.

Drain and rinse the soaked oats well. Transfer them to a saucepan with **1–1½ cups fresh filtered water**. Bring to a gentle simmer, stirring occasionally, until the oats are tender and have thickened to your preferred consistency.

Allow the oats to cool completely. Transfer the cooked oats to an airtight container and store in the refrigerator for up to **5 days**. They'll be ready to use whenever you need a quick, nourishing breakfast.

Be Well Tip

Preparing a batch of oats ahead of time is one of the easiest ways to make healthy eating **Simple. Nourishing. Repeatable**. It's a small habit that saves time, reduces stress, and makes choosing a healthy breakfast much easier throughout the week.



Pear and Cinnamon Protein Oats

(Serves 1)

INGREDIENTS:

- 1/2 cup cooked oats (prepare the oats using the method on page 18)
- 1/2 pear peeled, cored, and roughly chopped
- 1 tsp ground cinnamon
- 30g (1 scoop) vanilla protein powder
- 1 tsp vanilla extract
- 150ml almond milk
- 2 tsps toasted flaked almonds

METHOD:

Place 1/2 cup of cooked oats in a saucepan, add in the milk, protein powder, vanilla extract and heat over a low heat, stir until combined and warmed through.

Serving Suggestion:

Serve in a bowl topped with diced pear, toasted flaked almonds and a sprinkle of cinnamon. I prepared the remaining oats into glass jars using the method above, easy to grab when rushed in the morning and great for an after-dinner dessert.



Apple Pie Breakfast Jar

Who said we can't have dessert for breakfast?

(Serves: 1)

INGREDIENTS:

Oat Layer

- 1/2 cup cooked steel-cut oats (prepared in advance)
- 30g (1 scoop) vanilla protein powder
- 1/2 tsp vanilla bean paste or vanilla extract
- 1/2 tsp ground cinnamon
- 1/2 cup unsweetened almond milk (or enough to reach your desired consistency)

Stewed Apple

- 1/2 small apple, peeled and diced (or 1/4 large apple)
- 1–2 tsp water

To Layer

- 100g Greek yoghurt (or coconut yoghurt if preferred)
- Stewed apple
- Extra ground cinnamon, for sprinkling

Optional: Add 11g (1 scoop) collagen powder to the oat mixture for an additional protein boost.

METHOD:

Place the diced apple and water into a small saucepan. Cook over a low heat for 4–5 minutes, stirring occasionally, until the apple is just tender but still holds its shape.

Set aside to cool slightly.

In a bowl, combine the cooked steel-cut oats, vanilla protein powder, vanilla, cinnamon and almond milk. Stir until smooth and creamy, adding a little extra almond milk if needed.

Spoon **¼ cup of the oat mixture** into the bottom of a serving jar or glass. Add a layer of Greek yoghurt (or coconut yoghurt). Spoon the remaining **¼ cup of the oat mixture** over the yoghurt and then top with some extra yoghurt and stewed apple and finish with a sprinkle of cinnamon.

Enjoy immediately or refrigerate until chilled.

Serving Suggestion:

This Apple Pie Breakfast Jar is delicious enjoyed straight from the fridge or allowed to come to room temperature before eating. It's the perfect make-ahead breakfast for busy mornings.

For extra texture and healthy fats, top with a sprinkle of chopped walnuts or pecans just before serving.



Chocolate Chia Pudding

(Serves 2)

INGREDIENTS:

- 150ml almond milk (or milk of choice)
- 1/4 cup chia seeds
- 2 T rice malt syrup or maple syrup
- 2 T desiccated coconut
- 60g (2 scoops) chocolate protein powder

METHOD:

In a bowl mix almond milk, chia seeds, rice malt syrup, desiccated coconut, and protein powder until combined. Pour into individual jars or glasses. Let it sit in the refrigerator overnight.

Serving Suggestion:

Remove from the fridge, and make sure your pudding looks thick and the chia seeds have gelled. Top with a dollop of coconut yoghurt, strawberries and blueberries and you can also add sprinkling of cacao nibs for a bit of crunch or add your favourite topping.



Avocado and Peas on Sourdough Toast

(Serves 1)

INGREDIENTS:

- 1/2 small avocado
- 2 tsps nutritional yeast flakes
- Sprinkle of chilli flakes
- 1/4 lemon, juice
- 1 tsp minced garlic
- 2 slices of sourdough, toasted
- 1/4 cup of green baby peas, thawed

METHOD:

Put avocado, nutritional yeast, lemon juice, salt, and pepper into a bowl. Mash until combined. Toast the sourdough, then spread the garlic over each piece of toast and drizzle with a little olive oil.

Serving Suggestion:

Spread the avocado mixture onto the sourdough, then top with peas, and add some fresh basil and sprinkle with chilli flakes. Season to taste.

If you'd like to increase the protein content, top with one or two poached eggs for a more satisfying meal that will help keep you feeling fuller for longer.



Banana Protein Pancakes

(Serves: 1)

INGREDIENTS:

- 1 large banana
- 2 organic free-range eggs
- 30g (1 scoop) vanilla or chocolate protein powder
- 1 T coconut oil

METHOD:

Mash the banana in a bowl with a fork. Whisk in the eggs, and protein powder together.
(add some water if mixture is too thick)

Preheat a pan over medium heat and add coconut oil.

Pour the batter onto the pan and cook until browned on both sides, flipping halfway through.

Serving Suggestion:

Top with strawberries, blueberries, a squeeze of lemon or lime juice or toppings of your choice.



Vanilla Protein French Toast

(Serves 1)

INGREDIENTS:

- 1 egg or (1 T chia seeds mixed with 1/4 cup water*)
- 1/4 cup almond milk
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 30g (1 scoop) vanilla protein powder
- 1 T coconut oil
- 2 slices Gluten Free Bread (of your choice)
- 1 T rice malt syrup
- Squeeze of lemon juice

METHOD:

Mix ingredients together except coconut oil and soak 2 pieces of gluten free bread into the mixture. (You may need to add some more milk if mix is too thick). Heat a pan to medium heat and add 1 T coconut oil. Cook both sides of the bread until golden.

Serving Suggestion:

Top with fresh mixed berries and a squeeze of lemon or toppings of your choice.

* Add chia seeds to a small dish and top with water. Stir and let rest for 5 minute to thicken. It should be gel-like and thick



Main Meals



Lemon Mustard Chicken

(Serves 4)

INGREDIENTS:

Chicken

- 600–800g chicken breast or thigh fillets
- 1/3 cup fresh lemon juice (from 1–2 lemons)
- 1/3 cup Dijon mustard
- 1 tablespoon olive oil or avocado oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon dried thyme
- 3 garlic cloves, minced

Glaze

- 2 tablespoons Dijon mustard
- 1 teaspoon balsamic vinegar
- Juice of 1/4 lemon

To Thicken the Sauce

- 1 teaspoon arrowroot flour
- 1 tablespoon cold water

PREPARATION:

Place the chicken into a baking dish.

In a small bowl, whisk together the lemon juice, Dijon mustard, olive oil, sea salt, black pepper, parsley, thyme, and garlic.

Pour the marinade over the chicken, turning to coat each piece evenly.
Cover and refrigerate for at least 2 hours, or overnight for maximum flavour.

METHOD:

Preheat the oven to **180°C / 350°F / Gas Mark 4**.

Remove the chicken from the refrigerator and allow it to sit at room temperature for 10–15 minutes while the oven preheats. Bake for 25–35 minutes, depending on the size and thickness of the chicken, or until cooked through and the juices run clear.

Transfer the chicken to a serving plate and cover loosely to keep warm.

Place the baking dish (or transfer the cooking juices to a small saucepan) over medium heat. Whisk together the Dijon mustard, balsamic vinegar, and lemon juice, then stir into the cooking juices.

In a small bowl, combine the arrowroot flour and cold water to form a smooth slurry. Gradually whisk the slurry into the sauce and cook for 1–2 minutes, stirring continuously until the sauce thickens slightly. Spoon the warm lemon mustard sauce over the chicken before serving.

Recipe Tip:

Depending on your oven and baking dish, some of the cooking juices may evaporate during baking. If needed, add a splash of water and an extra squeeze of fresh lemon juice before thickening the sauce to achieve your desired consistency.

Serving Suggestion:

Serve with **Mixed Roast Vegetables**, **Sesame Bok Choy**, steamed greens, or a fresh garden salad.

Leftovers are delicious sliced through salads, tucked into wraps, or served with quinoa or brown rice for an easy lunch the next day.

Protein Boost:

Enjoy with a serve of quinoa or brown rice to create a satisfying, balanced meal rich in protein and fibre.



Mediterranean Chicken

(Serves 4–6)

INGREDIENTS

Marinade

- 1/4 cup olive oil
- 1/2 cup fresh lemon juice (from 3 small lemons)
- 4 garlic cloves, minced
- Pinch sea salt
- 1 tsp cracked black pepper
- 1 T paprika
- 1 T dried oregano

Chicken & Vegetables

- 1.5kg chicken thigh fillets (skin removed) or chicken breast
- 1 large red capsicum, sliced
- 1 red onion, sliced
- 2 medium zucchinis, halved lengthways then sliced
- 10 baby potatoes, quartered
- 1/4 small pumpkin, peeled and diced
- 1 cup pitted Kalamata olives, halved
- 1 T olive oil
- Pinch sea salt
- 1 tsp dried oregano

VEGETARIAN OPTION:

Swap the chicken for one of the following:

- 1 x 400g can chickpeas, drained and rinsed
- 500g tempeh, cubed
- Or simply double the vegetables for an extra-hearty plant-based meal.

PREPARATION:

Preheat the oven to **180°C / 350°F / Gas Mark 4**.

In a small bowl, whisk together all of the marinade ingredients and set aside.

METHOD:

Place the capsicum, onion, zucchini, potatoes, and pumpkin into a large roasting dish.

Drizzle with the olive oil and season with the sea salt and dried oregano. Toss to coat evenly.

Roast for **30–40 minutes**, or until the vegetables begin to soften and lightly caramelize.

Arrange the chicken over the vegetables and pour the marinade evenly over the top.

Return to the oven and bake for a further **30 minutes**, or until the chicken is cooked through and golden.

Remove from the oven, scatter over the Kalamata olives, and serve warm.

Recipe Tip:

For easy meal preparation, marinate the chicken the night before. This allows the flavours to develop and makes dinner even quicker to prepare.

Serving Suggestions:

Serve with a crisp green salad, cooked quinoa, brown rice, or steamed green vegetables.

For extra flavour, garnish with freshly chopped parsley, diced avocado, or a sprinkle of crumbled feta (optional).



Be Well Tip:

This tray bake is one of my favourite **Cook Once, Eat Twice** meals. Prepare a little extra and enjoy the leftovers for lunch the next day, it's a simple way to save time and make healthy eating **simple, nourishing, and repeatable**.



Barramundi Braised in Bone Broth

(Serves 4)

INGREDIENTS:

- 4 x 150g barramundi fillets (or white fish of your choice)
- 2 T fresh ginger, finely chopped
- 1 tsp ground turmeric
- 4 garlic cloves, crushed
- 1 large green chilli, finely sliced
- Juice of 2 limes
- 3 T coconut aminos
- 1 T coconut oil, melted
- 1 bunch fresh coriander, chopped
- 1/2 cup bone broth

Vegetarian Option:

Replace the barramundi with **firm tofu** or **tempeh**. Simply marinate as directed and braise gently in vegetable broth until heated through and infused with flavour.

PREPARATION:

In a bowl, combine the ginger, turmeric, garlic, chilli, lime juice, coconut aminos, coconut oil, and coriander.

Place the barramundi into a shallow dish and pour the marinade over the fillets. Cover and refrigerate for **30 minutes**.

METHOD:

Heat a large shallow frying pan over medium heat.

Place the marinated fish into the pan, pour over any remaining marinade, and add the bone broth. Cover with a lid and gently simmer for **5–6 minutes**, or until the fish flakes easily with a fork and is cooked through.

Transfer the fish to serving plates and keep warm.

Allow the remaining cooking liquid to simmer for a further 2–3 minutes until it reduces slightly, then spoon the sauce over the fish before serving.

Serving Suggestions:

Serve with homemade roasted potato wedges, steamed broccolini, and fresh pear slices with a squeeze of lemon.



Be Well Tip:

Fish is one of the quickest proteins to cook, making it a wonderful option for busy weeknights. Pair it with plenty of colourful vegetables for a simple, nourishing meal that's easy to repeat.



Tuna Rice Bowl

(Serves 1)

INGREDIENTS

- 120g tinned tuna in olive oil, drained
- 1/2 Lebanese cucumber, finely diced
- 1/4 red capsicum, finely diced
- 1 shallot, finely sliced
- 1/2 avocado, diced
- 1/2 cup cooked rice
- 1/2 lime
- Cracked black pepper, to taste

PREPARATION:

Cook the rice according to the packet instructions and allow it to cool slightly. While the rice is cooking, prepare the cucumber, capsicum, shallot, and avocado.

METHOD:

Place the cooked rice into a serving bowl.

In a separate bowl, gently combine the tuna, cucumber, capsicum, shallot, and avocado.

Spoon the tuna mixture over the rice.

Season with cracked black pepper and finish with a generous squeeze of fresh lime juice before serving.

Serving Suggestion:

Enjoy as it is for a quick, balanced meal, or serve with a side of leafy greens for an extra boost of colour and fibre.



BE WELL TIP

I love using jasmine rice in this recipe because of its light, fluffy texture, but brown rice, basmati, quinoa, or your favourite cooked grain work just as well. Keeping cooked rice on hand in the fridge makes it easy to create a nourishing meal in just a few minutes.





Mexican Chickpea Salad

(Serves 4)

INGREDIENTS:

- 1 T cumin
- 1/2 T chilli flakes
- 1 T sweet paprika
- 2 T coconut oil
- 1 x 400g can chickpeas, drained and rinsed
- 1 small red onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 T tomato paste
- 1 cup (250 ml) water

METHOD:

Heat the coconut oil in a large non-stick frying pan over medium heat.

Add the onion, garlic, cumin, chilli flakes, and paprika. Cook for 2–3 minutes, stirring regularly, until fragrant.

Add the chickpeas, tomato paste, and water. Stir well to combine.

Reduce the heat and simmer until most of the liquid has evaporated, stirring occasionally to prevent the chickpeas from sticking.

Remove from the heat and allow to cool slightly while preparing the salad ingredients.

Serving Suggestion:

Serve over a bed of your favourite leafy green salad.

Top each serve with:

- 1/4 avocado
- A handful of fresh blueberries
- 1 T hemp seeds
- 1 T sunflower seeds

Be Well Tip:

This recipe is delicious served warm or cold, making it perfect for meal prep. Prepare a batch ahead of time and enjoy it for quick lunches throughout the week.



Tofu Tacos

(Serves 4)

INGREDIENTS:

- 800g extra firm tofu, crumbled or 600g lean chicken mince or lean beef mince
- 2 T olive oil
- 1 butter lettuce or iceberg lettuce, leaves separated and washed
- 1 avocado, diced
- 1 red onion, finely diced
- 8 cherry tomatoes, quartered
- Juice of 1 lime
- Juice of 1/2 lemon
- Fresh coriander, to serve

Taco Seasoning

- 1 T smoked paprika
- 2 tsp ground cumin
- 2 cloves garlic, minced
- 1/4 red onion, finely diced
- 1 tsp dried oregano
- 1/2 tsp chilli flakes (optional)
- 1/2 tsp sea salt
- 1/4 tsp cracked black pepper

PREPARATION:

If using tofu, gently pat dry with paper towel before crumbling.

METHOD:

Heat the olive oil in a large frying pan over medium heat. Add the diced red onion, garlic, smoked paprika, cumin, oregano, chilli flakes (if using), sea salt, and cracked black pepper. Cook for 2–3 minutes, stirring frequently, until the onion has softened and the mixture is fragrant.

For the tofu: Add the crumbled tofu to the pan. Cook for 10–15 minutes, stirring regularly, until lightly golden and slightly crisp.

For the meat option: Add the chicken or beef mince to the pan and cook for 10–15 minutes, breaking it up with a wooden spoon, until browned and cooked through.

Remove from the heat.

Serving Suggestion:

Serve the taco filling in crisp lettuce cups and top with diced avocado, cherry tomatoes, a squeeze of fresh lime, and fresh coriander.

Be Well Tip:

Lettuce cups are a fresh, gluten-free alternative to traditional taco shells. They're light, crunchy, and a delicious way to enjoy all the flavours of tacos while adding an extra serve of vegetables.



Chilli Con Carne

(Serves 4)

INGREDIENTS:

- 500g lean beef mince (or turkey mince)
- 2 T olive oil
- 1 brown onion, finely chopped
- 6 garlic cloves, crushed
- 2 small red chillies, finely chopped (adjust to taste)
- 1 T ground cumin
- 2 tsp ground cinnamon
- 1 tsp hot paprika
- 1 carrot, finely diced
- 2 celery stalks, finely diced
- 3 small red capsicums, diced
- 1 x 400g can red kidney beans, drained and rinsed
- 1 x 400g can black beans, drained and rinsed
- 1 x 400g can diced tomatoes
- 1 cup (250 ml) beef stock

Vegetarian Option

Replace the beef or turkey mince with **2 cups cooked quinoa** and use vegetable stock instead of beef stock.

METHOD:

Heat the olive oil in a large saucepan over medium heat.

Add the onion, garlic, chillies, cumin, cinnamon, and paprika. Cook for 3–4 minutes, stirring regularly, until the onion has softened and the spices are fragrant.

Add the beef or turkey mince and cook until browned, breaking it up with a wooden spoon as it cooks.

Pour in the beef stock, then add the carrot, celery, capsicum, kidney beans, black beans, and diced tomatoes. Stir well to combine.

Bring to the boil, then reduce the heat and simmer gently for approximately 1 hour, stirring occasionally, until the sauce has thickened and the flavours have developed.

Serving Suggestion:

Serve with gluten-free corn chips, homemade guacamole, and a dollop of natural Greek yoghurt or coconut yoghurt. Leftovers are delicious served in crisp lettuce cups for a quick and nourishing lunch.



Be Well Tip:

Chilli con carne tastes even better the next day as the flavours continue to develop. Make a double batch and freeze individual portions for an easy, nourishing meal on busy days.



Vietnamese Chicken & Mango Salad

(Serves 3)

INGREDIENTS

Chicken:

- 750g boneless, skinless chicken thighs
- 1 T olive oil
- Juice of 1 lime
- 1 garlic clove, minced
- 1 tsp fresh ginger, grated
- 1 tsp fish sauce or coconut aminos
- Cracked black pepper, to taste

Dressing:

- 3 T fresh lime juice
- 1 1/2 T coconut aminos
- 1 1/2 T fish sauce (or extra coconut aminos)
- 1 1/2 tsp rice malt syrup
- 1 garlic clove, minced
- 1/4 tsp sesame oil (optional)

Salad:

- 3 cups shredded wombok (Chinese cabbage)
- 1 1/2 cups shredded red cabbage
- 1 large carrot, julienned
- 3 Lebanese cucumbers, thinly sliced
- 1 small red onion or 3 shallots, thinly sliced
- 1 large ripe mango, cut into matchsticks
- 1 1/2 cups fresh herbs (mint, coriander, and basil)
- 1 red chilli, thinly sliced (optional)

PREPARATION:

Combine the olive oil, lime juice, garlic, ginger, fish sauce (or coconut aminos), and cracked black pepper in a bowl. Add the chicken and toss well to coat. Marinate for at least 10 minutes or refrigerate for up to 2 hours for extra flavour.

METHOD:

Heat a large frying pan over medium-high heat.

Cook the chicken for 6–7 minutes on each side, or until golden and cooked through.

Remove from the pan and allow to rest for 5 minutes before slicing.

Meanwhile, place the wombok, red cabbage, carrot, cucumber, onion (or shallots), mango, herbs, and chilli (if using) into a large serving bowl.

Whisk together all the dressing ingredients until well combined.

Top the salad with the sliced chicken, drizzle over the dressing, and gently toss to combine.

Serving Suggestion:

Serve immediately while the chicken is still warm and the salad is crisp. Garnish with roasted cashews or sunflower seeds, extra fresh herbs, and lime wedges if desired.

Protein Options: This salad is equally delicious with chicken breast, pan-seared barramundi, or crispy pan-fried firm tofu. Cook your chosen protein until cooked through before adding to the salad.

Be Well Tip:

This salad is perfect for entertaining or meal prep. Store the dressing separately and toss everything together just before serving to keep the vegetables fresh, crisp, and full of flavour.



Sweet and Sour Stuffed Capsicums

(Serves 4)

INGREDIENTS:

- 500g lean pork mince (or chicken, beef, or lamb mince)
- 2 T coconut oil
- 1 brown onion, finely chopped
- 4 garlic cloves, minced
- 1 tsp chilli flakes
- 1 carrot, grated
- 2 cups fresh pineapple, finely diced
- 1 cup bone broth
- Sea salt and cracked black pepper, to taste
- 4 capsicums (any colour), halved and seeds removed
- 1/2 cup dry quinoa
- 1 cup water

To Garnish:

- 2 shallots, finely sliced
- Fresh coriander

Vegetarian Option:

Replace the mince with **2 cups cooked brown lentils** or **500g firm tofu, crumbled**, and use vegetable stock instead of bone broth.

PREPARATION:

Preheat the oven to **175°C / 350°F / Gas Mark 4**.

Rinse the quinoa well. Place it into a small saucepan with the water. Bring to the boil, then reduce the heat to low. Cover and simmer for 10–15 minutes, or until all the liquid has been absorbed. Remove from the heat, stand for 5 minutes, then fluff with a fork.

METHOD:

Heat the coconut oil in a large frying pan over medium heat. Add the onion, garlic, and chilli flakes and cook until the onion has softened. Add your chosen mince and cook until browned, breaking it up with a wooden spoon as it cooks.

Pour in the bone broth, then stir through the grated carrot and pineapple. Simmer for approximately 10 minutes, or until most of the liquid has reduced. Season with sea salt and cracked black pepper to taste.

Arrange the capsicum halves on a lined baking tray and spoon the filling evenly into each one. Bake for 25 minutes, or until the capsicums are tender.

To serve, spoon the cooked quinoa onto each plate, place two stuffed capsicum halves on top, and garnish with sliced shallots and fresh coriander.

Serving Suggestion:

Serve with a fresh green salad or steamed vegetables for a colourful, balanced meal.



Be Well Tip:

Stuffed capsicums are perfect for meal prep. Make a double batch and freeze individual portions for an easy, nourishing dinner on busy nights.



Quinoa and Black Bean Burgers

(Serves 4)

INGREDIENTS:

- 1/2 cup almond meal
- 3 T olive oil
- juice of 1 lime
- 1 small red onion, diced
- 1 small red apple, grated
- 1 x 425g can black beans
- 1 cup cooked quinoa
- sea salt and cracked black pepper to taste
- 3 large cloves of garlic, crushed
- 1 tsp cumin
- 1 tsp hot paprika
- 1 tsp dried chilli flakes (optional)
- 1 T chia seeds mixed with 1/4 cup water to gel up

PREPARATION:

Preheat the oven to **150°C / 300°F / Gas Mark 2**.

In a small bowl, combine the chia seeds and water. Stir well and set aside for 5–10 minutes until a gel forms.

Heat the olive oil in a frying pan over medium heat. Add the red onion, garlic, cumin, paprika, and chilli flakes (if using). Cook for 3–4 minutes, stirring regularly, until the onion has softened and become translucent. Remove from the heat, stir through the lime juice, and allow the mixture to cool slightly.

METHOD:

Place the cooled onion mixture into a food processor along with the black beans, chia gel, grated apple, cooked quinoa, almond meal, sea salt, and cracked black pepper.

Pulse until the mixture is well combined but still has a little texture. Avoid over-processing.

With damp hands, shape the mixture into 4–6 evenly sized burger patties. Place them on a lined tray and refrigerate for 30 minutes to help them firm up.

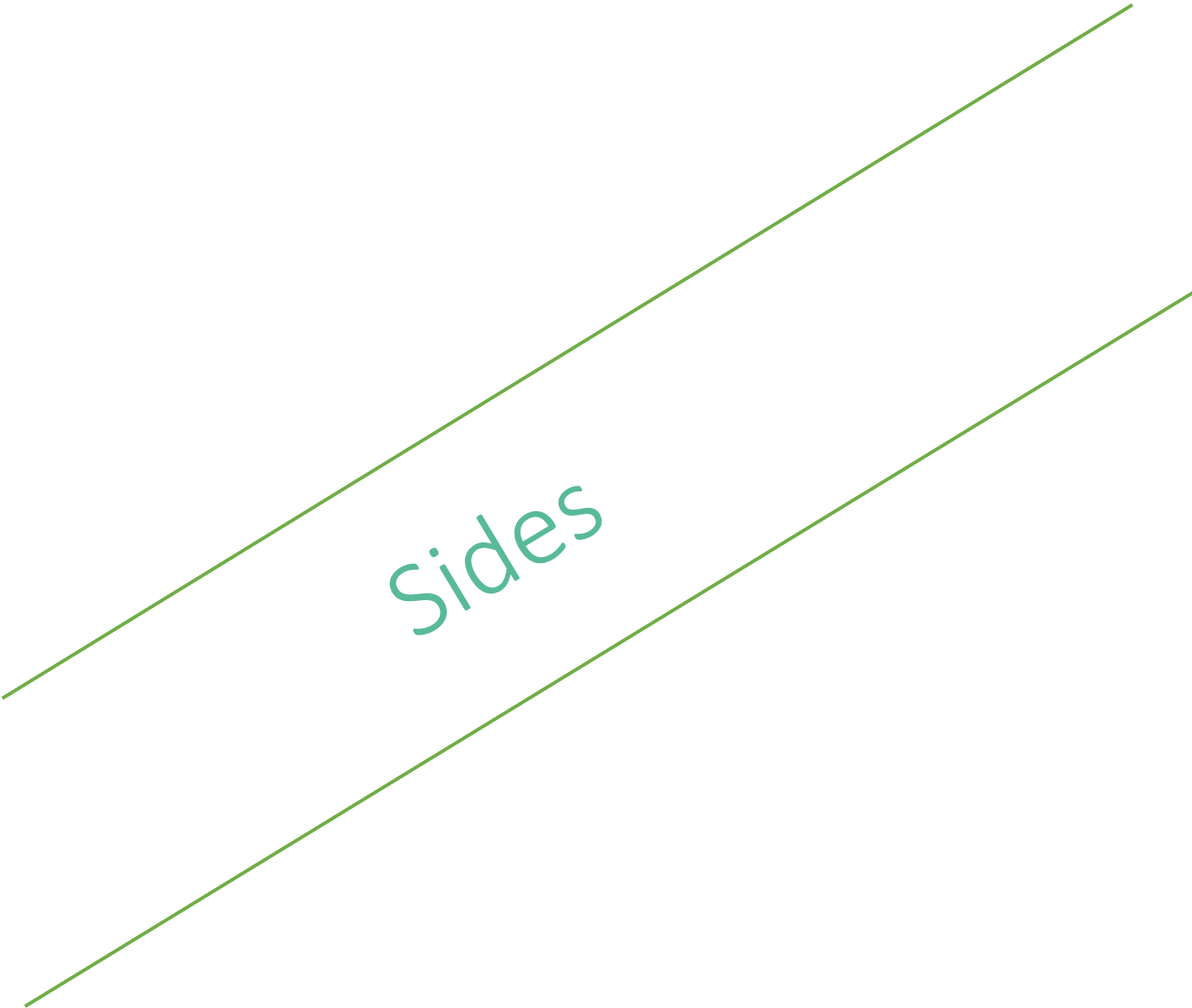
Heat a little olive oil in the same frying pan over medium heat. Cook the patties for approximately 4 minutes on each side until golden brown. Transfer them to the oven and bake for a further 10–15 minutes, or until heated through and firm.

Serving Suggestion:

Serve with **Roasted Sweet Potato Wedges** and a generous spoonful of **Guacamole**. They're also delicious served in lettuce cups, on a gluten-free bun, or alongside a fresh garden salad.

Be Well Tip:

These burgers freeze beautifully. Cook a double batch and freeze individual patties for a quick, nourishing meal that's ready whenever you need it. Simply reheat and enjoy with your favourite salad or vegetables.



Sides



Greek Salad

(Serves 2)

INGREDIENTS:

- 120g mixed salad leaves
- 1 small Lebanese cucumber, sliced and halved
- 1 green capsicum, seeded and sliced thinly
- 12 Kalamata olives
- 1/2 punnet red grape tomatoes, halved
- 1/2 small red onion, thinly sliced
- 2 T olive oil
- 1 T lemon juice
- 200g feta cheese (optional)

METHOD:

Put salad leaves, cucumber, capsicum, olives, tomatoes, and onion into a large salad bowl. Mix through. When ready to serve add oil and lemon juice and toss. Season to taste and if adding in the feta, crumble over the top.



Sesame Bok Choy

(Serves 4)

INGREDIENTS:

- 2 small bunches of bok choy, halved and washed
- 1 tsp sesame oil
- 1 T sesame seeds

METHOD:

In a medium pot add water and bring to the boil, put the bok choy in water and blanch for 4 - 5 minutes. Remove and set aside. Heat oil in a pan over medium to high heat and add in sesame seeds and stir until golden. Turn off heat and add in bok choy and mix through.



Roasted Sweet Potato Wedges

(Serves 2)

INGREDIENTS:

- 2 sweet potatoes
- 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 30-35 minutes, until crispy and brown.



Quinoa

(Serves 4)

Before cooking, make sure that you have rinsed the quinoa well. Rinse at least twice to remove the naturally occurring coating called saponin. When you rinse it, you will see a soapy like solution in the water - that is the saponin.

Optional soaking method place the quinoa in a bowl and cover with water and 1 T apple cider vinegar. Cover and allow to soak for 8 hours. Drain through a sieve or cheesecloth and then follow cooking method.

INGREDIENTS:

- 1 cup quinoa
- 2 cups water or stock

METHOD:

Rinse the quinoa well under cold running water using a fine mesh sieve. Place the quinoa and water (or stock) into a medium saucepan. Bring to the boil, then reduce the heat to low. Cover and simmer for **12–15 minutes**, or until all the liquid has been absorbed. Remove from the heat and leave covered for **5 minutes**. Fluff gently with a fork before serving.



Mixed Roast Vegetables

(Serves 4)

INGREDIENTS:

- 2 sweet potatoes, cut into thick rounds
- 1 small pumpkin or butternut squash, peeled and cut into wedges
- 1 zucchini, cut into thick rounds
- 6 baby carrots
- 1 small fennel bulb, cut into wedges
- 1 red onion, cut into wedges
- 2 T olive oil or coconut oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Sea salt and cracked black pepper, to taste
- 2 garlic cloves, smashed (optional)
- Fresh rosemary or thyme sprigs
- 1 T balsamic vinegar or fresh lemon juice (optional)

PREPARATION:

Preheat the oven to **180°C / 350°F / Gas Mark 4**.
Wash and prepare all of the vegetables.

METHOD:

Place the sweet potato, pumpkin, zucchini, carrots, fennel, and red onion into a large bowl. Drizzle with the olive oil and sprinkle over the cumin, smoked paprika, sea salt, and cracked black pepper. Toss well until the vegetables are evenly coated.

Spread the vegetables in a single layer over a large baking tray. Scatter over the smashed garlic and fresh rosemary or thyme. Roast for **40 minutes**, turning the vegetables halfway through cooking.

For extra caramelisation, increase the oven temperature to **200°C / 400°F / Gas Mark 6** for the final 15–20 minutes.

Remove from the oven and drizzle with balsamic vinegar or fresh lemon juice, if desired.

Serving Suggestion:

Serve alongside your favourite protein, such as grilled chicken, barramundi, tofu, or chickpeas, or enjoy with quinoa or brown rice for a nourishing plant-based meal.

Be Well Tip:

Roast a double batch and keep the leftovers in the fridge. They're delicious added to salads, wraps, grain bowls, or enjoyed as a quick side dish throughout the week.



Guacamole

(Serves approx. 1 1/2 cups)

INGREDIENTS:

- 1/2 Lemon Juice
- 2 ripe avocados
- 1 shallot
- 1 strip of red capsicum - finely chopped
- 1 fresh red chilli (hot if you prefer spicy) - finely chopped
- A few sprigs of fresh coriander - chopped
- salt and pepper to taste

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, shallot, and capsicum. Add coriander and season with a dash of salt and cracked black pepper.

Serving Suggestion:

This guacamole is perfect as a dip with homemade crackers or as a flavourful addition to salads, wraps, or main dishes. Simple, fresh, and full of zest. Enjoy your delicious creation!



Feel Good Snacks



Lemon Protein Balls

(Makes 18 balls | Serving size: 2–3 balls)

INGREDIENTS:

- 1/2 cup almond flour
- 1 cup desiccated coconut, plus extra for rolling
- 2 scoops (22g) collagen powder
- 4 scoops (120g) vanilla protein powder
- 1 tsp ground turmeric
- Zest and juice of 1 lemon
- 8 Medjool dates, pitted and roughly chopped
- 1 T coconut oil
- 1 T rice malt syrup or maple syrup

METHOD:

Place the almond flour, desiccated coconut, collagen powder, vanilla protein powder, turmeric, lemon zest, and chopped dates into a food processor. Pulse until well combined. Add the coconut oil, rice malt syrup (or maple syrup), and lemon juice. Process until the mixture comes together into a soft dough.

Using clean hands, roll the mixture into 18 evenly sized balls. Roll each ball in the extra desiccated coconut until evenly coated. Place onto a tray lined with baking paper and refrigerate for at least 1 hour, or until firm.

Serving Suggestion:

Store in an airtight container in the refrigerator for a quick snack throughout the week or freeze for up to 3 months.



BE WELL TIP

These protein balls are perfect to prepare ahead and keep on hand when you need a nourishing snack. Enjoy them after a workout, as a mid-afternoon pick-me-up, or whenever you need a little boost of protein and energy.





Trail Mix 4

(1/2 cup per serve = 3 serves)

This mixed serving of nuts and seeds offers a well-rounded combination of flavours and nutrients, making it a nutritious and satisfying snack with the added sweetness from the raisins.

INGREDIENTS:

- 1/2 cup pecans
- 1/2 cup cashews
- 1/4 cup raisins
- 1/4 cup pepitas

METHOD:

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



Homemade Crackers

INGREDIENTS:

- 1/2 cup chia seeds
- 1/2 cup sesame seeds
- 1/2 cup sunflower seeds
- 1/2 cup almond meal
- 1/4 cup coconut flour
- 2 T flaxseeds
- 250 ml water (1 cup)
- 1 tsp ground sea salt
- 1 tsp ground black pepper

PREPARATION:

Preheat oven 160°C / 300°F / Gas Mark 2 and line a (34cm/13in) baking tray with baking paper.

METHOD:

Combine all the ingredients together in a bowl. Mix until well combined. Spread the mixture on the tray, pressing down using the back of a spatula, until it is 5mm/1/4in thick. Bake for 30 mins. Remove from the oven, cut into 20 crackers using a knife, and turn them over and bake for another 25 mins.

Cool completely on tray. Store in a sealed container and they last for up to two weeks. They are delicious on their own or with avocado, cucumber, and tomato or to use with dips!!!



Sweet Potato & Ginger Protein Muffins

(Makes 12 muffins)

INGREDIENTS:

- 1 1/2 cups almond meal
- 4 scoops (120g) vanilla protein powder
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground allspice
- 1 T ground ginger
- 1 tsp bi-carb soda
- 1/2 tsp sea salt
- 1/2 cup coconut oil, melted
- 1/4 cup rice malt syrup
- 4 eggs
- 6 Medjool dates, pitted
- 1 cup sweet potato purée
- 1 tsp apple cider vinegar
- 1 cup pecans, roughly chopped

Optional Toppings:

- Sesame seeds
- Hemp seeds
- Desiccated coconut
- Cacao nibs

PREPARATION:

Preheat the oven to **170°C / 325°F / Gas Mark 3**. Line a 12-hole muffin tin with paper cases.

METHOD:

In a large bowl, combine the almond meal, protein powder, turmeric, cinnamon, nutmeg, allspice, ginger, bi-carb soda, and sea salt. Stir well to remove any lumps.

Place the coconut oil, rice malt syrup, eggs, Medjool dates, sweet potato purée, and apple cider vinegar into a blender or food processor. Blend until smooth. Pour the wet mixture into the dry ingredients and stir until just combined. Fold through the chopped pecans.

Divide the mixture evenly between the prepared muffin cases, filling each about three-quarters full. If desired, sprinkle the tops with sesame seeds, hemp seeds, desiccated coconut, or cacao nibs.

Bake for **20–25 minutes**, or until a skewer inserted into the centre comes out clean. Allow the muffins to cool in the tin for 5 minutes before transferring them to a wire rack.

Serving Suggestion:

Enjoy as a nourishing breakfast on the go, a post-workout snack, or with a cup of tea or coffee for an afternoon pick-me-up.

Be Well Tip:

These muffins freeze beautifully. Keep a batch in the freezer and simply thaw overnight or warm gently before enjoying for a quick, protein-rich snack.



Quinoa Choc Chunk Cakookies

Not quite a cookie... not quite a cake... somewhere delicious in between!
(Makes approximately 20 cakookies)

INGREDIENTS:

- 1/2 cup coconut oil
- 3/4 cup rice malt syrup
- 2 cups cooked quinoa
- 1 cup almond meal
- 1/2 cup coconut flour
- 1 cup desiccated coconut
- 1 cup 90% dark chocolate, roughly chopped
- 1 tsp bi-carb soda
- 2 T hot water

PREPARATION:

Preheat the oven to **180°C / 350°F / Gas Mark 4**. Line two baking trays with baking paper.

METHOD:

In a large bowl, combine the cooked quinoa, almond meal, coconut flour, and desiccated coconut.

In a small saucepan over medium heat, gently melt the coconut oil and rice malt syrup together. Alternatively, melt them together in the microwave.

In a small bowl, mix the bi-carb soda with the hot water. Immediately stir it into the warm coconut oil mixture.

Pour the wet ingredients into the dry ingredients and mix until well combined. Fold through the chopped dark chocolate.

Using a teaspoon or small cookie scoop, roll portions of the mixture into balls, then gently flatten them with the palm of your hand onto the prepared baking trays. Alternatively, simply spoon portions directly onto the trays.

Bake for **15 minutes**, or until lightly golden.

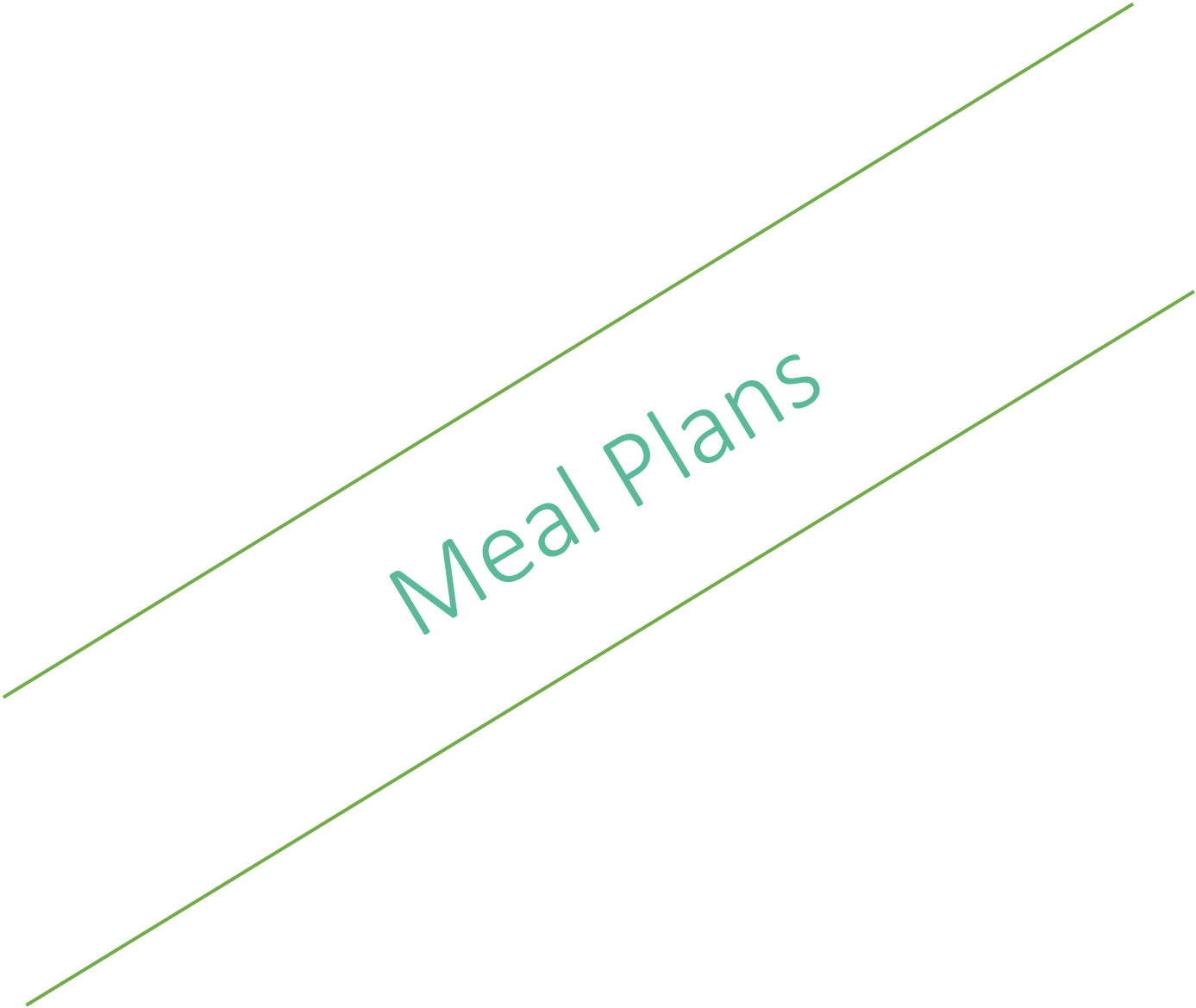
Allow to cool on the tray for a few minutes before transferring to a wire rack to cool completely.

Serving Suggestion:

Enjoy as a nourishing afternoon snack or sandwich a scoop of your favourite homemade ice cream between two cakookies for a delicious treat.

Be Well Tip:

Don't be fooled by the fun name! These cakookies have the soft texture of a cake with the convenience of a cookie, making them perfect for lunchboxes, afternoon tea, or a wholesome snack on the go.



Meal Plans

Week 1 – Simple, Nourishing Beginnings

This week is all about building confidence with simple wholefood meals and discovering just how enjoyable healthy eating can be.

Featured Recipes

Smoothies

- Good for the Soul Smoothie
- Creamy Pineapple Smoothie

Breakfasts

- Banana Protein Pancakes
- Chocolate Chia Pudding
- Avocado & Peas on Sourdough Toast

Main Meals

- Lemon Mustard Chicken
- Mediterranean Chicken
- Barramundi Braised in Bone Broth
- Tuna Rice Bowl
- Mexican Chickpea Salad

Sides

- Greek Salad
- Sesame Bok Choy
- Mixed Roast Vegetables
- Roasted Sweet Potato Wedges

Snacks

- Lemon Protein Balls
- Trail Mix

Week 1 Grocery List

Before heading to the supermarket, take a few minutes to check your pantry, refrigerator and freezer. You may already have many of the pantry staples needed for this week's recipes, helping to reduce food waste and save money.

Fruit & Vegetables

Apples (2)
Avocados (3)
Baby spinach (2 x 120g bags)
Baby potatoes (10)
Bananas (4)
Bok choy (2 bunches)
Blueberries (125g)
Broccoli (1 large head)
Baby carrots (6)
Cherry tomatoes (2 punnets)
Cucumber (2)
Fennel bulb (1)
Garlic (2 bulbs)
Ginger (30g)
Green capsicum (1)
Kiwi fruit (2)
Lemons (6)
Limes (2)
Mixed salad leaves (2 x 120g bags)
Orange (1)
Peas – fresh or frozen (250g)
Parsley (1 bunch)
Pumpkin (1 whole)
Red capsicum (2)
Red onion (4)
Shallot (bunch)
Sweet potatoes (3–4 medium)
Zucchini (3)
Fresh pineapple (½–1 small pineapple) or
500g pre-cut pineapple or frozen
Frozen mango (500g)

Nuts, Seeds & Grains

Sourdough bread
1/2 cup cashews
8 Medjool dates
1/2 cup pecan nuts
1/4 cup pepitas (pumpkin seeds)
1/4 cup chia seeds
1 T sesame seeds
1/4 cup raisins

Proteins

Chicken breast (800g)
Chicken thigh (1.5kg)
Barramundi fillets (4 x 150–200g)
Canned tuna in Springwater (2 x 185g tins)
Chickpeas (2 x 400g cans)
Eggs (1 dozen)
Feta cheese (200g) optional
Vanilla protein powder (360g)
Chocolate protein powder (60g)
Collagen Powder (22g)
Plain Greek yoghurt (500g)

Pantry Items

Unsweetened almond milk (2 litres)
Unsweetened coconut milk (500 mls)
Extra virgin olive oil
Coconut oil
Dijon mustard
Balsamic Vinegar
Coconut aminos (or tamari)
Bone broth/stock
Rice malt syrup or honey
Kalamata Olives
Tomato Paste
Vanilla extract
Sea salt
Black pepper
Ground cinnamon
Sweet paprika
Turmeric powder
Dried chilli flakes
Cumin powder
Almond flour
Arrowroot flour
Dried oregano
Desiccated Coconut
Baking powder
Cacao powder (if required)
Baking paper
Nutritional yeast
Maca powder

Weekly Food Preparation

Preparation time will vary depending on your confidence in the kitchen and the amount of time you have available. Many recipes can be prepared at the same time, making your food preparation more efficient.

I usually like to prepare my meals on a Sunday, but choose whatever day works best for you. The aim of your weekly food preparation is to make healthy eating feel simple throughout the week. Spending an hour or two preparing a few key ingredients can save time, reduce stress, and make nourishing yourself much easier when life gets busy.

Before you begin, take a few minutes to look over your weekly meal plan and make sure you've completed your grocery shopping, so you have everything you need on hand

Suggested Food Preparation Sequence

1. Begin by preparing the **Lemon Protein Balls** according to the recipe and place them in the refrigerator to chill.
2. Measure and mix the **Trail Mix** according to the recipe. Store in an airtight container.
3. Prepare the **Chocolate Chia Pudding** according to the recipe and place it in the refrigerator to set.
4. Preheat the oven to **180°C / 350°F / Gas Mark 4**.
5. Prepare the **Banana Protein Pancake** mixture. Cook the pancakes according to the recipe, then allow them to cool completely before storing in the refrigerator or freezer.
6. While the pancakes are cooling, prepare the **Lemon Mustard Chicken** and place it in the refrigerator to marinate.
7. Prepare the **Mediterranean Chicken** by chopping all the vegetables and mixing the marinade. Store in the refrigerator until ready to cook later in the week.
8. Cook **1 cup dry quinoa** according to the recipe. Once cooked, remove from the heat and allow it to cool.
9. While the quinoa is cooling, prepare the **Mixed Roast Vegetables**. Place them in the oven and roast according to the recipe.
10. While the vegetables are roasting, wash and prepare all salad vegetables. Store each vegetable separately in airtight containers to keep them fresh throughout the week.
11. Prepare the **Greek Salad** ingredients according to the recipe, storing the dressing separately until ready to serve.
12. Once the roasted vegetables have cooled, store them in airtight containers alongside the cooked quinoa.
13. Portion the ingredients for the **Good for the Soul Smoothie** and **Creamy Pineapple Smoothie** into reusable freezer bags or containers ready for quick blending throughout the week.

Be Well Tip

Don't feel like you need to prepare everything at once. Even preparing a couple of meals, a snack, and one breakfast ahead of time can make your week much easier. Every little bit of preparation helps build healthy habits that are simple, repeatable, and enjoyable.

Week 1 – Weekly Menu

The weekly menu below is intended as a guide to help you enjoy a balanced week of nourishing wholefoods. Feel free to swap meals around, repeat your favourites, or substitute recipes to suit your schedule, family, and personal preferences.

One of my favourite healthy eating strategies is **Cook Once, Eat Twice**. Preparing a little extra at dinner means you'll have a delicious, ready-made lunch for the following day, saving both time and effort.

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Day 1	Banana Protein Pancakes	Good for the Soul Smoothie	Tuna Rice Bowl	Lemon Protein Balls	Lemon Mustard Chicken with Mixed Roast Vegetables
Day 2	Chocolate Chia Pudding	Creamy Pineapple Smoothie	Leftover Lemon Mustard Chicken with Greek Salad	Trail Mix	Mediterranean Chicken
Day 3	Avocado, Peas on Sourdough Toast	Good for the Soul Smoothie	Leftover Mediterranean Chicken with Quinoa	Lemon Protein Balls	Barramundi Braised in Bone Broth with Sesame Bok Choy
Day 4	Banana Protein Pancakes	Creamy Pineapple Smoothie	Mexican Chickpea Salad	Trail Mix	Lemon Mustard Chicken with Roasted Sweet Potato Wedges
Day 5	Chocolate Chia Pudding	Good for the Soul Smoothie	Tuna Rice Bowl	Lemon Protein Balls	Barramundi Braised in Bone Broth with Mixed Roast Vegetables
Day 6	Your Choice	Your Favourite Smoothie	Café, Picnic or Leftovers	Fresh Fruit or Trail Mix	Freestyle
Day 7	Your Favourite Breakfast	Your Favourite Smoothie	Leftovers or a Fresh Salad	Lemon Protein Balls or Trail Mix	Freestyle

Be Well Tip

Remember, this menu is designed to work for you, not the other way around. Swap meals, repeat your favourite, and use leftovers to save time throughout the week. Healthy eating isn't about perfection; it's about creating simple, repeatable habits that fit your lifestyle.

Week 2 – Adding Variety

This week introduces new flavours and ingredients while continuing to build on the healthy habits you've already started.

Featured Recipes

Smoothies

- Chocolate Protein Smoothie
- Pear & Blueberry Smoothie

Breakfasts

- Pear & Cinnamon Protein Oats
- Vanilla Protein French Toast
- Apple Pie Breakfast Jar

Main Meals

- Chilli Con Carne
- Vietnamese Chicken & Mango Salad
- Sweet & Sour Stuffed Capsicums
- Tofu Tacos
- Quinoa & Black Bean Burgers

Sides

- Quinoa
- Roasted Sweet Potato Wedges
- Guacamole
- Greek Salad

Snacks

- Homemade Crackers
- Sweet Potato & Ginger Protein Muffins

Week 2 Grocery List

Before heading to the supermarket, take a few minutes to check your pantry, refrigerator and freezer. You may already have many of the pantry staples needed for this week's recipes, helping to reduce food waste and save money.

Fruit & Vegetables

- 1 wombok (Chinese cabbage)
- Mixed green salad (120g)
- 1/2 small red cabbage
- 5 Lebanese cucumbers
- 1 lettuce (butter or iceberg)
- 6 red capsicums
- 4 large capsicums (any colour)
- 3 carrots
- 2 brown onions
- 3 red onions
- 1 bunch shallots
- 3 avocados
- 2 pears
- 2 apples
- 1 ripe mango
- 1 large, sweet potato
- 4 lemons
- 4 limes
- 2 punnets cherry tomatoes
- 1 punnet strawberries
- 1 punnet blueberries
- 1 red chilli (optional)
- 2 garlic bulbs
- 1-piece fresh ginger (approximately 10cm)
- ½ fresh pineapple
- 1 bunch coriander
- 1 bunch mint
- 1 bunch basil

Nuts, Seeds & Grains

- 500g steel-cut oats
- 500g quinoa
- 500g jasmine or brown rice
- 250g almond meal
- 200g pecans
- 200g roasted cashews
- 250g desiccated coconut
- 200g sunflower seeds
- 200g hemp seeds
- 100g sesame seeds
- 100g cacao nibs (optional)
- 9 Medjool dates

Proteins

- 750g chicken thighs
- 500g lean beef or turkey mince
- 500g lean pork, chicken, beef or lamb mince (your choice)
- 800g extra firm tofu
- 2 x 400g can black beans
- 1 x 400g can red kidney beans
- Vanilla protein powder (approx. 360g)
- Chocolate protein powder (90g)
- 6 eggs
- 2 litres Almond milk
- Greek yoghurt or coconut yoghurt (optional)

Pantry Items

- Coconut oil
- Coconut water
- Coconut flour
- Olive oil
- Coconut aminos
- Fish sauce
- Rice malt syrup
- Apple cider vinegar
- Beef stock
- Vegetable stock
- Bi-carb soda
- Ground turmeric
- Ground cinnamon
- Ground ginger
- Ground nutmeg
- Ground allspice
- Ground cumin
- Smoked paprika
- Hot paprika
- Dried oregano
- Chilli flakes
- Sea salt
- Cracked black pepper
- 90% dark chocolate
- Baking paper
- Muffin cases

The Day Before

If you're making the Pear & Cinnamon Protein Oats this week, remember to soak the steel-cut oats overnight using the Preparing Your Steel-Cut Oats guide on page 17.

Suggested Food Preparation Sequence

1. Preheat the oven to **170°C / 325°F / Gas Mark 3**.
2. Prepare the **Homemade Crackers** according to the recipe and place them in the oven to bake.
3. While the crackers are baking, prepare the **Sweet Potato & Ginger Protein Muffin** mixture and spoon it into the muffin cases.
4. Once the crackers are cooked, remove them from the oven and bake the muffins for **20–25 minutes**.
5. While the muffins are baking, cook the soaked **steel-cut oats** according to the recipe. Allow them to cool before storing them in an airtight container in the refrigerator.
6. Cook **1 cup dry quinoa** according to the recipe. Remove from the heat and allow it to cool.
7. While the oats and quinoa are cooling, prepare the **Chilli Con Carne** according to the recipe and allow it to simmer gently.
8. While the Chilli Con Carne is simmering, prepare the **Quinoa & Black Bean Burger** mixture and refrigerate until ready to cook later in the week.
9. Prepare the marinade for the **Vietnamese Chicken & Mango Salad**, coat the chicken, and refrigerate until ready to cook.
10. Wash and prepare all of your salad vegetables. Shred the wombok and red cabbage, slice the cucumbers, onions, and shallots, and store everything separately in airtight containers to keep them fresh throughout the week.
11. Prepare the vegetables for the **Sweet & Sour Stuffed Capsicums** so they're ready to cook when needed.
12. Portion the ingredients for the **Chocolate Protein Smoothie** and **Pear & Blueberry Smoothie** into reusable freezer bags or containers ready for quick blending throughout the week.
13. Once everything has cooled completely, store the muffins, quinoa, oats, and Chilli Con Carne in airtight containers ready for the week ahead.

Be Well Tip

Don't feel like you need to prepare everything at once. Even preparing a couple of meals, a snack, and one breakfast ahead of time can make your week much easier. Every little bit of preparation helps build healthy habits that are simple, repeatable, and enjoyable.

Week 2 – Weekly Menu

The weekly menu below is intended as a guide to help you enjoy a balanced week of nourishing wholefoods. Feel free to swap meals around, repeat your favourites, or substitute recipes to suit your schedule, family, and personal preferences.

One of my favourite healthy eating strategies is **Cook Once, Eat Twice**. Preparing a little extra at dinner means you'll have a delicious, ready-made lunch for the following day, saving both time and effort.

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Day 1	Pear & Cinnamon Protein Oats	Chocolate Protein Smoothie	Vietnamese Chicken & Mango Salad	Homemade Crackers	Chilli Con Carne with Quinoa
Day 2	Apple Pie Breakfast Jar	Pear & Blueberry Smoothie	Leftover Chilli Con Carne	Sweet Potato & Ginger Protein Muffin	Tofu Tacos with Guacamole
Day 3	Vanilla Protein French Toast	Chocolate Protein Smoothie	Vietnamese Chicken & Mango Salad	Homemade Crackers	Sweet & Sour Stuffed Capsicums with Quinoa
Day 4	Pear & Cinnamon Protein Oats	Pear & Blueberry Smoothie	Leftover Stuffed Capsicums	Sweet Potato & Ginger Protein Muffin	Quinoa & Black Bean Burgers with Roasted Sweet Potato Wedges
Day 5	Apple Pie Breakfast Jar	Chocolate Protein Smoothie	Quinoa & Black Bean Burger with Greek Salad	Homemade Crackers	Vietnamese Chicken & Mango Salad
Day 6	Vanilla Protein French Toast	Your Favourite Smoothie	Café, Picnic or Leftovers	Homemade Crackers or Muffin	Freestyle
Day 7	Your Choice	Your Favourite Smoothie	Leftovers or a Fresh Salad	Homemade Crackers or Muffin	Freestyle

Be Well Tip:

Remember, this menu is designed to work for you, not the other way around. Swap meals, repeat your favourite, and use leftovers to save time throughout the week. Healthy eating isn't about perfection; it's about creating simple, repeatable habits that fit your lifestyle.

Week 3 – Making it Your Own

By now you'll have discovered some favourite recipes. This week is all about mixing, matching, swapping ingredients, and building a way of eating that works for you.

Featured Recipes

Smoothies

- Morning Strength Smoothie
- Smashing Strawberry Smoothie

Breakfasts

- Avocado & Peas on Sourdough Toast
- Banana Protein Pancakes
- Chocolate Chia Pudding

Main Meals

- Mediterranean Chicken
- Lemon Mustard Chicken
- Barramundi Braised in Bone Broth
- Mexican Chickpea Salad
- Quinoa & Black Bean Burgers

Sides

- Mixed Roast Vegetables
- Sesame Bok Choy
- Guacamole
- Greek Salad

Snacks

- Quinoa Choc Chunk Cakookies
- Lemon Protein Balls

Week 3 Grocery List

Before heading to the supermarket, take a few minutes to check your pantry, refrigerator and freezer. You may already have many of the pantry staples needed for this week's recipes, helping to reduce food waste and save money.

Fruit & Vegetables

- 5 bananas
- 1 red apple
- 1 punnet strawberries
- 1 punnet blueberries
- 2 avocados
- 2 lemons
- 2 limes
- 2 sweet potatoes
- 1 small pumpkin (or butternut squash)
- 1 zucchini
- 6 baby carrots
- 1 small fennel bulb
- 1 bunch bok choy
- 1 Lebanese cucumber
- 1 punnet cherry tomatoes
- 1 red capsicum
- 1 brown onion
- 2 red onions
- 1 green chilli (optional)
- 1 garlic bulb
- 1 piece fresh ginger (approximately 5cm)
- 1 bunch parsley
- 1 bunch coriander
- 1 bunch rosemary or thyme
- 1 bag mixed salad leaves
- 1 cup fresh or frozen peas

Nuts, Seeds & Grains

- 500g quinoa
- 500g steel-cut oats
- 250g almond meal
- 250g desiccated coconut
- 200g sunflower seeds
- 200g sesame seeds
- 200g hemp seeds
- Gluten-free sourdough bread

Proteins

- 600–800g chicken breast or thigh fillets
- 1.5kg chicken thigh fillets (or chicken breast)
- 4 x 150g barramundi fillets
- 6 eggs
- Vanilla protein powder (240g)
- Chocolate protein powder (60g)
- Collagen powder (22g)
- 2L almond milk
- Greek yoghurt or coconut yoghurt (optional)
- 200g feta cheese (optional)

Pantry Items

- 1 x 400g can chickpeas
- Olive oil
- Coconut oil
- Dijon mustard
- Coconut aminos
- Bone broth
- Rice malt syrup
- Apple cider vinegar
- Balsamic vinegar
- 90% dark chocolate
- Sea salt
- Cracked black pepper
- Ground cinnamon
- Ground turmeric
- Smoked paprika
- Sweet paprika
- Ground cumin
- Dried oregano
- Dried chilli flakes

Suggested Food Preparation Sequence

1. Prepare the **Lemon Protein Balls** according to the recipe and place them in the refrigerator to chill.
2. Preheat the oven to **180°C / 350°F / Gas Mark 4**.
3. Prepare the **Quinoa Choc Chunk Cakookies** according to the recipe and place them in the oven to bake.
4. While the cakookies are baking, prepare the **Banana Protein Pancake** mixture and cook the pancakes according to the recipe. Allow them to cool completely before storing in the refrigerator or freezer.
5. While the pancakes are cooling, prepare the **Chocolate Chia Pudding** according to the recipe and refrigerate until set.
6. Cook **1 cup dry quinoa** according to the recipe. Once cooked, remove from the heat and allow it to cool before storing in the refrigerator.
7. Prepare the **Mediterranean Chicken** by chopping the vegetables and mixing the marinade. Refrigerate until ready to cook.
8. Prepare the **Lemon Mustard Chicken** according to the recipe and refrigerate to marinate.
9. Prepare the **Quinoa & Black Bean Burger** mixture and refrigerate until ready to cook later in the week.
10. Wash and prepare all salad vegetables, including the ingredients for the **Greek Salad**. Store the dressing separately until ready to serve.
11. Prepare the vegetables for the **Mixed Roast Vegetables** and store them in the refrigerator until ready to roast later in the week.
12. Wash the bok choy and prepare the ingredients for the **Sesame Bok Choy**, ready for a quick stir-fry when serving with the barramundi.
13. Portion the ingredients for the **Morning Strength Smoothie** and **Smashing Strawberry Smoothie** into reusable freezer bags or containers ready for quick blending throughout the week.

Be Well Tip

Congratulations on completing your 21-day journey! Remember, this isn't the finish line; it's the beginning... Keep using your favourite recipes, continue planning ahead, and enjoy creating nourishing meals that support your health and wellbeing for years to come.

Week 3 – Weekly Menu

The weekly menu below is intended as a guide to help you enjoy a balanced week of nourishing wholefoods. Feel free to swap meals around, repeat your favourites, or substitute recipes to suit your schedule, family, and personal preferences.

One of my favourite healthy eating strategies is **Cook Once, Eat Twice**. Preparing a little extra at dinner means you'll have a delicious, ready-made lunch for the following day, saving both time and effort.

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Day 1	Banana Protein Pancakes	Morning Strength Smoothie	Mexican Chickpea Salad	Lemon Protein Balls	Mediterranean Chicken with Greek Salad
Day 2	Chocolate Chia Pudding	Smashing Strawberry Smoothie	Leftover Mediterranean Chicken	Quinoa Choc Chunk Cakookie	Barramundi Braised in Bone Broth with Sesame Bok Choy
Day 3	Avocado, Peas on Sourdough Toast	Morning Strength Smoothie	Mexican Chickpea Salad	Lemon Protein Balls	Lemon Mustard Chicken with Mixed Roast Vegetables
Day 4	Banana Protein Pancakes	Smashing Strawberry Smoothie	Leftover Lemon Mustard Chicken with Greek Salad	Quinoa Choc Chunk Cakookie	Quinoa & Black Bean Burgers with Guacamole
Day 5	Chocolate Chia Pudding	Morning Strength Smoothie	Quinoa & Black Bean Burger with Greek Salad	Lemon Protein Balls	Barramundi Braised in Bone Broth with Sesame Bok Choy
Day 6	Your Choice	Your Favourite Smoothie	Café, Picnic or Leftovers	Fresh Fruit or Lemon Protein Balls	Freestyle
Day 7	Your Favourite Breakfast	Your Favourite Smoothie	Leftovers or Fresh Salad	Quinoa Choc Chunk Cakookie	Freestyle

Be Well Tip:

Remember, this menu is designed to work for you, not the other way around. Swap meals, repeat your favourite, and use leftovers to save time throughout the week. Healthy eating isn't about perfection; it's about creating simple, repeatable habits that fit your lifestyle.

Create Your Own Weekly Plan

Now it's your turn!

The **Weekly Planner** (located on the next page) is a simple tool to help you stay organised, build consistency, and create a weekly menu that works for your lifestyle.

Use it to mix and match your favourite recipes from this guide, experiment with different flavours, and adjust meals to suit your schedule, family, and personal preferences. Remember, healthy eating doesn't have to be perfect, the best meal plan is one that works for you.

How It Works

Step 1: Plan your meals and snacks for the week by filling in the designated boxes.

Step 2: Schedule your **Be Well Day**, a day to prioritise self-care and do something that nourishes your body, mind, or soul.

Step 3: Place a ★ next to each meal or snack that aligns with your healthy eating goals. Those small wins soon add up and become powerful reminders of the progress you're making.

Cook Once, Eat Twice

One of my favourite healthy eating strategies is to prepare a little extra at dinner and enjoy the leftovers for lunch the following day.

It's a simple way to save time, reduce food waste, and make healthy eating easier throughout the week.

Your Be Well Day

Healthy living is about more than just food.

Take time each week to recharge and do something that brings you joy. Enjoy a favourite meal without guilt, take a leisurely walk, spend time in nature, read a book, have a massage, connect with loved ones, or simply enjoy some quiet time for yourself.

Looking after yourself isn't a luxury, it's an important part of living a healthy, balanced life.

Be Well Reminder

Healthy eating should be **Simple. Nourishing. Repeatable.**

Celebrate your progress, be kind to yourself, and remember that every small, consistent choice is helping you build healthy habits that can last a lifetime.

If you have any questions or would like a little guidance, I'd love to hear from you.

bev@bevshealthyfood.com

Create Your Own Weekly Plan

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Freestyle Your Week

Choose which days you'd like to follow the meal plan and which days you'd prefer to freestyle. Whether you're dining out, enjoying leftovers, celebrating with family, or simply cooking something different, flexibility is part of creating healthy habits that are **Simple. Nourishing. Repeatable.**

Congratulations!

You've just completed the **21-Day Wholefood Meal Plan** - well done!

I hope this journey has shown you that healthy eating doesn't need to be complicated. By choosing nourishing wholefoods, planning ahead, and preparing a few meals each week, you've taken important steps towards creating healthy habits that can last a lifetime.

Remember, this isn't about being perfect. It's about making small, consistent choices that support your health and wellbeing every day.

As You Continue Your Journey

- ✓ Continue enjoying plenty of colourful vegetables, both raw and cooked, and don't be afraid to try new foods and flavours.
- ✓ Keep planning ahead where you can. A little preparation each week can save time, reduce stress, and make healthy eating much easier.
- ✓ Drink plenty of water throughout the day and listen to your body's needs.
- ✓ Celebrate progress in all its forms. Increased energy, improved strength, better sleep, and feeling more confident are just as important as any number on the scales.
- ✓ Enjoy your favourite foods, including your coffee if that's part of your routine. Healthy living is about balance, not perfection.
- ✓ Most importantly, keep using your favourite recipes from this meal plan. Mix, match, and make them your own as you continue building a lifestyle you enjoy.

Be Well Tip

Healthy living isn't something you finish after 21 days. It's something you continue to build, one nourishing meal, one walk, and one healthy choice at a time.

Thank you for allowing me to be part of your journey.

Continue Your Be Well Journey

Thank you for spending time in my kitchen.

I hope these recipes have inspired you to discover that healthy eating can be simple, nourishing, and delicious.

If you're ready for more recipes, meal plans, and practical wellness inspiration, I'd love to continue supporting you on your journey.

Click on any cover below to continue your wellness journey.



**Not Just Fresh Air
Vol.1**



**Not Just Fresh Air
Vol.2**



**7-Day
Meal Plan**



**14-Day
Meal Plan**

Click on any of the resources above to learn more, or scan the QR code to visit my website for even more recipes, healthy living inspiration, and practical nutrition tips.



www.bevshealthyfood.com

I look forward to welcoming you again soon. Bev

Thank ♥ you

Thank you for downloading **Not Just Fresh Air: 21 Day Wholefood Meal Plan**

I'm so grateful you've chosen to welcome my recipes into your kitchen. I truly hope this collection inspires you to enjoy simple, nourishing meals that help you feel your very best.

My goal has always been to show that healthy eating doesn't have to be complicated. With a little planning, a few wholesome ingredients, and simple recipes you can return to again and again, nourishing yourself can become an enjoyable part of everyday life.

Most importantly, thank you.

Thank you for allowing me to be part of your wellness journey. Every nourishing meal you prepare, every healthy habit you build, and every positive step you take towards better health is something worth celebrating.

I hope these recipes become favourites that you'll enjoy sharing with family and friends for years to come.

Wishing you many happy moments in the kitchen.

With gratitude,

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