

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 7 STANDARD MEAL PLAN

Breakfast	Berries with quinoa and honey	Cannellini bean & egg white salad	Eggs on sweet potato toast	Berries with quinoa and honey	Cannellini bean & egg white salad	Berries with quinoa and honey	Eggs on sweet potato toast
Morning Snack	Banana & hazelnut chia pudding	Power greens smoothie	Banana & hazelnut chia pudding	Power greens smoothie	Banana & hazelnut chia pudding	Power greens smoothie	Banana & hazelnut chia pudding
Lunch	Mini mushroom & broccoli quiches	Chicken, salad & avocado sandwich	Mini mushroom & broccoli quiches	Mediterranean turkey bowl with rice	Chicken, salad & avocado sandwich	Coconut chickpeas with brown rice	Sweet potato tuna mash & salad
Afternoon Snack	Berries, kiwi and hazelnut bowl	Berry coconut protein shake	Berries, kiwi and hazelnut bowl	Berry coconut protein shake	Berries, kiwi and hazelnut bowl	Berry coconut protein shake	Berries, kiwi and hazelnut bowl
Dinner	Super veggie tuna salad	Chicken, lentil & spinach soup	Mediterranean turkey bowl with rice	Super veggie tuna salad	Coconut chickpeas with brown rice	Sweet potato tuna mash & salad	Chicken, lentil & spinach soup

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 8 STANDARD MEAL PLAN

Breakfast	Acai berry bowl	Spicy omelette	Oats with fruit, nuts and honey	Acai berry bowl	Spicy omelette	Oats with fruit, nuts and honey	Acai berry bowl
Morning Snack	Nutty date chia pudding	Triple nut mix	Nutty date chia pudding	Triple nut mix	Nutty date chia pudding	Triple nut mix	Nutty date chia pudding
Lunch	Open tuna sandwich	Honey-soy salmon brown rice bowl	Chicken & lentil zoodles	Open tuna sandwich	Quick salmon, fennel and apple salad	Chicken stir-fry	Beef and parsnip salad with balsamic dressing
Afternoon Snack	Honeydew and tea smoothie	Yoghurt with apple and almonds	Honeydew and tea smoothie	Yoghurt with apple and almonds	Yoghurt with apple and almonds	Honeydew and tea smoothie	Honeydew and tea smoothie
Dinner	Honey-soy salmon brown rice bowl	Chicken & lentil zoodles	Vegetable and tofu stacks with rice	Quick salmon, fennel and apple salad	Chicken stir-fry	Beef and parsnip salad with balsamic dressing	Vegetable and tofu stacks with rice

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 9 STANDARD MEAL PLAN

Breakfast	Lentil and avo toast	Blueberry quinoa breakfast bowl	Poached eggs in paprika and chilli sauce	Lentil and avo toast	Poached eggs in paprika and chilli sauce	Blueberry quinoa breakfast bowl	Lentil and avo toast
Morning Snack	Kale smoothie	Chocolate & goji berries	Kale smoothie	Chocolate & goji berries	Kale smoothie	Chocolate & goji berries	Kale smoothie
Lunch	Avocado and smoked salmon egg salad	Baked vegetable salad with chilli and nuts	Greek-style chicken salad with pita chips	Avocado and smoked salmon egg salad	Chilli & lemon prawns on white bean mash	Homemade chicken & chips	Smoked salmon & roast potato stacks
Afternoon Snack	Honey almond snack bites	Silverbeet and honey smoothie	Honey almond snack bites	Silverbeet and honey smoothie	Honey almond snack bites	Silverbeet and honey smoothie	Honey almond snack bites
Dinner	Baked vegetable salad with chilli and nuts	Greek-style chicken salad with pita chips	Lemon chicken with yoghurt quinoa and	Chilli & lemon prawns on white bean mash	Homemade chicken & chips	Smoked salmon & roast potato stacks	Lemon chicken with yoghurt quinoa and

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 10 STANDARD MEAL PLAN

Breakfast	Orange & blueberry ricotta pancake	Lentil, mushroom & egg breakfast salad	Mixed berry & avocado breakfast parfait	Orange & blueberry ricotta pancake	Mixed berry & avocado breakfast parfait	Lentil, mushroom & egg breakfast salad	Orange & blueberry ricotta pancake
Morning Snack	Strawberry & honey tofu yoghurt	Apple wedges with melted nut butter	Strawberry & honey tofu yoghurt	Apple wedges with melted nut butter	Strawberry & honey tofu yoghurt	Apple wedges with melted nut butter	Strawberry & honey tofu yoghurt
Lunch	Vegetable bean wrap	Tuna salad on sweet potato mash	Chicken, basil & fresh green salad	Chickpea and quinoa bowl	Beef Bolognese zoodles	Baked salmon with sweet potato and salad	Chicken and pumpkin veggie salad
Afternoon Snack	Vanilla berry chia seed pudding	Green power smoothie	Vanilla berry chia seed pudding	Green power smoothie	Vanilla berry chia seed pudding	Green power smoothie	Vanilla berry chia seed pudding
Dinner	Tuna salad on sweet potato mash	Chicken, basil & fresh green salad	Chickpea and quinoa bowl	Beef Bolognese zoodles	Baked salmon with sweet potato and salad	Chicken and pumpkin veggie salad	Vegetable bean wrap

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 11 STANDARD MEAL PLAN

Breakfast	Acai berry bowl	Banana & date cinnamon pancake	Acai berry bowl	Mushroom Chickpea Omelette	Banana & date cinnamon pancake	Acai berry bowl	Mushroom Chickpea Omelette
Morning Snack	Citrus fruit bowl with coconut	Almond granola on coconut yoghurt	Almond granola on coconut yoghurt	Citrus fruit bowl with coconut	Almond granola on coconut yoghurt	Almond granola on coconut yoghurt	Citrus fruit bowl with coconut
Lunch	Beetroot, orange & lentil salad	Lentil tabbouleh with crumbled feta	Lemon chilli chicken & chips	Beetroot, orange & lentil salad	Middle Eastern spiced lamb with carrot salad	Quinoa salad with egg	Fast green falafels with salad and pita
Afternoon Snack	Spinach and cucumber smoothie	Spinach and cucumber smoothie	Silverbeet and honey smoothie	Silverbeet and honey smoothie	Spinach and cucumber smoothie	Silverbeet and honey smoothie	Spinach and cucumber smoothie
Dinner	Lentil tabbouleh with crumbled feta	Lemon chilli chicken & chips	Tofu fritters with spinach & quinoa	Middle Eastern spiced lamb with carrot salad	Quinoa salad with egg	Fast green falafels with salad and pita	Nicoise salad

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 12 STANDARD MEAL PLAN

Breakfast	Lentil breakfast salad	Rice, veggie & scrambled tofu breakfast bowl	Lentil breakfast salad	Scrambled egg, tofu & veggie mix	Rice, veggie & scrambled tofu breakfast bowl	Scrambled egg, tofu & veggie mix	Lentil breakfast salad
Morning Snack	Yoghurt with kiwifruit & blueberries	Chocolate and greens smoothie	Chocolate and greens smoothie	Yoghurt with kiwifruit & blueberries	Chocolate and greens smoothie	Yoghurt with kiwifruit & blueberries	Yoghurt with kiwifruit & blueberries
Lunch	Open sandwich with Mediterranean egg salad	Monday night pasta with green veggies	Tuna & bean veggie noodle salad	Open sandwich with Mediterranean egg salad	Lentil and beef salad	Zucchini frittata with spicy sweet potato chips	Grilled tuna & Mediterranean rice salad
Afternoon Snack	Raw cacao, goji & oat bites	Fried cinnamon banana and walnuts	Fried cinnamon banana and walnuts	Raw cacao, goji & oat bites	Fried cinnamon banana and walnuts	Fried cinnamon banana and walnuts	Raw cacao, goji & oat bites
Dinner	Monday night pasta with green veggies	Tuna & bean veggie noodle salad	Herby greek chicken and quinoa salad	Lentil and beef salad	Zucchini frittata with spicy sweet potato chips	Grilled tuna & Mediterranean rice salad	Herby greek chicken and quinoa salad