

Week 2 Recipe Plan – STANDARD

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Baked spinach and eggs	Artichoke & sundried tomato toastie	Poached egg & veggie breakfast bowl	Baked spinach and eggs	Artichoke & sundried tomato toastie	Poached egg & veggie breakfast bowl	Baked spinach and eggs
Morning Snack	Kale smoothie	Asparagus & broccoli with feta	Kale smoothie	Asparagus & broccoli with feta	Green smoothie	Asparagus & broccoli with feta	Kale smoothie
Lunch	Cheese & mint-green salad	Nicoise salad	Chilli chickpea & chicken lettuce cups	Cheese & mint-green salad	Lentil & salmon abundance bowl	Nicoise salad	Easy summer salad with feta and walnuts
Afternoon Snack	Chilli veggie balls	Green smoothie	Chilli veggie balls	Kale smoothie	Chilli veggie balls	Green smoothie	Chilli veggie balls
Dinner	Mediterranean tofu burrito	Chilli chickpea & chicken lettuce cups	Cheese & mint-green salad	Lentil & salmon abundance bowl	Green goodness bowl	Easy summer salad with feta and walnuts	Citrus green bean, wild rice & beef salad



FITNESS
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