

Week 3 Recipe Plan - VEGETARIAN

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Rice & citrus breakfast bowl	Savory breakfast bowl	Chocolate & almond quinoa porridge	Rice & citrus breakfast bowl	Savory breakfast bowl	Chocolate & almond quinoa porridge	Rice & citrus breakfast bowl
Morning Snack	Spiced avocado smoothie	Sunrise fruit salad	Sunrise fruit salad	Spiced avocado smoothie	Sunrise fruit salad	Spiced avocado smoothie	Spiced avocado smoothie
Lunch	Fruity quinoa salad	Energising slaw	Roast beetroot, kale & feta salad	Fruity quinoa salad	Energising slaw	Vegetable & tofu ratatouille	Tomato & eggplant pasta
Afternoon Snack	Egg, almond & celery plate	Coconut berry yoghurt	Egg, almond & celery plate	Coconut berry yoghurt	Egg, almond & celery plate	Egg, almond & celery plate	Coconut berry yoghurt
Dinner	Chickpea, quinoa and edamame salad	Roast beetroot, kale & feta salad	Grilled peach and lentil rice salad	Fast stuffed capsicums	Vegetable & tofu ratatouille	Tomato & eggplant pasta	Roast beetroot, kale & feta salad



FITNESS
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