

FOOD & MOOD

COACHING

Food & Mood Phase 2 – Week 7 VEGETARIAN MEAL PLAN (OCT 2021)

Breakfast	Cannellini bean & egg white salad	Berries with quinoa and honey	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	Cucumber, cabbage, apple and radish quinoa slaw	Avocado garden salad	Mini mushroom & broccoli quiches	Quick pasta salad	Coconut chickpeas with brown rice	Baked Mexican pita pockets
Afternoon Snack	Berries, kiwi and hazelnut bowl	Berry coconut protein shake	Berry coconut protein shake	Berries, kiwi and hazelnut bowl	Berries, kiwi and hazelnut bowl	Berry coconut protein shake	Berries, kiwi and hazelnut bowl
Dinner	Cucumber, cabbage, apple and radish quinoa	Avocado garden salad	Lentil, white bean & silverbeet	Quick pasta salad	Coconut chickpeas with brown	Baked Mexican pita pockets	Lentil, white bean & silverbeet

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Food & Mood Phase 2 – Week 8 VEGETARIAN MEAL PLAN (OCT 2021)

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	Quick chickpea wrap	Mashed peas & wild rice with corn on the cob	Cannellini bean salad	Quick chickpea wrap	Bean & zucchini patties with Greek salad	Warm lentils with mushrooms	Chickpea and pumpkin salad
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	Mashed peas & wild rice with corn on the cob	Cannellini bean salad	Vegetable and tofu stacks with rice	Bean & zucchini patties with Greek salad	Warm lentils with mushrooms	Chickpea and pumpkin salad	Vegetable and tofu stacks with rice

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Food & Mood Phase 2 – Week 9 VEGETARIAN MEAL PLAN (OCT 2021)

Breakfast	Poached eggs in paprika and chilli sauce	Lentil and avo toast	Blueberry quinoa breakfast bowl	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	Kale smoothie	Chocolate & goji berries	Chocolate & goji berries	Kale smoothie
Lunch	Avocado and smoked salmon egg salad	Goji berry chickpea salad	Avocado and smoked salmon egg salad	Ratatouille	Baked vegetable salad with chilli and nuts	Kale, broccoli & asparagus rice	Nutty stir-fry
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	Goji berry chickpea salad	Fresh tofu salad on sweet potato mash	Ratatouille	Baked vegetable salad with chilli and nuts	Kale, broccoli & asparagus rice	Nutty stir-fry	Fresh tofu salad on sweet potato mash

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Food & Mood Phase 2 - Week 10 VEGETARIAN MEAL PLAN (OCT 2021)

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	Apple wedges with melted nut butter	Strawberry & honey tofu yoghurt	Strawberry & honey tofu yoghurt	Apple wedges with melted nut butter	Strawberry & honey tofu yoghurt	Apple wedges with melted nut butter	Vanilla berry chia seed pudding
Lunch	Quick Greek salad with avocado	Smoky fritters with fresh salsa	Quick Greek salad sandwich with avocado	Chickpea and quinoa bowl	Chilli beans with butternut pumpkin & sweet potato	Roast broccoli, asparagus & ricotta pasta salad	Roast beetroot, kale & feta salad
Afternoon Snack	Vanilla berry chia seed pudding	Green power smoothie	Vanilla berry chia seed pudding	Green power smoothie	Vanilla berry chia seed pudding	Vanilla berry chia seed pudding	Green power smoothie
Dinner	Smoky fritters with fresh salsa	Easy minestrone	Chickpea and quinoa bowl	Chilli beans with butternut pumpkin & sweet potato	Roast broccoli, asparagus & ricotta pasta salad	Roast beetroot, kale & feta salad	Easy minestrone

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Food & Mood Phase 2 – Week 11 VEGETARIAN MEAL PLAN (OCT 2021)

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	Greek grain salad	Beetroot, orange & lentil salad	Middle Eastern pumpkin & quinoa 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	Greek grain salad	Tofu fritters with spinach & quinoa	Middle Eastern spiced lamb with carrot salad	Quinoa salad with egg	Fast green falafels with salad and pita	Greek grain salad

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Food & Mood Phase 2 – Week 12 VEGETARIAN MEAL PLAN (OCT 2021)

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	Edamame salad with lime dressing	Open sandwich with Mediterranean egg salad	Mushroom and goats' cheese pasta bowl	Zucchini frittata with spicy sweet potato chips	Asian bean sprout & noodle 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	Edamame salad with lime dressing	Asian style veggie skewers	Mushroom and goats' cheese pasta bowl	Zucchini frittata with spicy sweet potato chips	Asian bean sprout & noodle salad	Edamame salad with lime dressing