

## Week 6 Recipe Plan - STANDARD

## Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Lentil breakfast salad	Prune & avocado vanilla smoothie	Poached egg in spicy capsicum sauce	Lentil breakfast salad	Prune & avocado vanilla smoothie	Poached egg in spicy capsicum sauce	Lentil breakfast salad
<b>Morning Snack</b>	Kiwi and pineapple bowl	Coconut berry slice	Kiwi and pineapple bowl	Coconut berry slice	Kiwi and pineapple bowl	Coconut berry slice	Kiwi and pineapple bowl
<b>Lunch</b>	Super green salad	Eggplant, mushroom & capsicum lasagna	Creamy salmon & pickled cucumber pita pocket	Roast cabbage wedge, tahini sauce & zucchini salad	Warm chicken salad	Super green salad	Easy summer salad with feta and walnuts
<b>Afternoon Snack</b>	Chickpeas, tomato & avocado	Ricotta cheese with veggie sticks	Chickpeas, tomato & avocado	Ricotta cheese with veggie sticks	Chickpeas, tomato & avocado	Ricotta cheese with veggie sticks	Chickpeas, tomato & avocado
<b>Dinner</b>	Eggplant, mushroom & capsicum lasagna	Creamy salmon & pickled cucumber pita pocket	Roast cabbage wedge, tahini sauce & zucchini salad	Warm chicken salad	Roast eggplant with warm lentil salad	Easy summer salad with feta and walnuts	Roast cabbage wedge, tahini sauce & zucchini salad



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