

Food & Mood Phase 1 Standard Meal Plans PDF. February – April 2022

Week 1 - Standard

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Savory breakfast bowl	Strawberry & ricotta muffin	Berries & tofu breakfast parfait	Savory breakfast bowl	Strawberry & ricotta muffin	Berries & tofu breakfast parfait	Savory breakfast bowl
<b>Morning Snack</b>	Apple & kiwi yoghurt	Chocolate breakfast smoothie	Veggie balls	Chocolate breakfast smoothie	Veggie balls	Chocolate breakfast smoothie	Apple & kiwi yoghurt
<b>Lunch</b>	Ricotta, hommus & salad sandwich	Chicken & kale stir-fry	Sweet potato tuna mash & salad	Ricotta, hommus & salad sandwich	Baked quinoa & vegetable slice	Cajun chicken salad with baked chips	Easy tuna bake for one
<b>Afternoon Snack</b>	Loaded green smoothie	Veggie balls	Apple & kiwi yoghurt	Loaded green smoothie	Apple & kiwi yoghurt	Veggie balls	Loaded green smoothie
<b>Dinner</b>	Chicken & kale stir-fry	Sweet potato tuna mash & salad	Coriander & chilli tofu	Baked quinoa & vegetable slice	Cajun chicken, sweet potato chips & salad	Easy tuna bake for one	Zesty prawns and spinach spaghetti

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Week 2 - Standard

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Green oatmeal	Chickpea breakfast salad	Scrambled egg, tofu & veggie mix	Green oatmeal	Chickpea breakfast salad	Green oatmeal	Scrambled egg, tofu & veggie mix
<b>Morning Snack</b>	Potato & spinach balls	Green power smoothie	Potato & spinach balls	Green power smoothie	Potato & spinach balls	Green power smoothie	Potato & spinach balls
<b>Lunch</b>	Avocado garden salad	Chicken, basil & fresh green salad	Avocado garden salad	Deconstructed silverbeet & ricotta pie with rocket	Spinach & ricotta stuffed mushrooms	Tuna salad on sweet potato mash	Flaked salmon with zucchini freekeh salad
<b>Afternoon Snack</b>	Supercharged green chia dip	Spinach and cucumber smoothie	Supercharged green chia dip	Spinach and cucumber smoothie	Supercharged green chia dip	Supercharged green chia dip	Spinach and cucumber smoothie
<b>Dinner</b>	Chicken, basil & fresh green salad	Kale, broccoli & asparagus rice	Deconstructed silverbeet & ricotta pie with rocket	Spinach & ricotta stuffed mushrooms	Tuna salad on sweet potato mash	Flaked salmon with zucchini freekeh salad	Kale, broccoli & asparagus rice

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Week 3 - Standard

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Scrambled Tofu with Cherry Tomatoes & Basil	Berry bowl	Mango & coconut quinoa scramble porridge	Berry bowl	Scrambled Tofu with Cherry Tomatoes & Basil	Berry bowl	Mango & coconut quinoa scramble porridge
<b>Morning Snack</b>	Carrot cake smoothie	Carrot cake smoothie	Rainbow root chips	Rainbow root chips	Carrot cake smoothie	Carrot cake smoothie	Rainbow root chips
<b>Lunch</b>	Beetroot coleslaw wrap	Easy summer salad with feta and walnuts	Salmon, brown rice & chargrilled vegetables	Lentil salad with lemon vinaigrette	Beetroot, sweet potato & feta couscous	One pan garlic lemon herb chicken with veggie	Lentil & salmon abundance bowl
<b>Afternoon Snack</b>	Berries, kiwi and hazelnut bowl	Mango berry bliss	Berries, kiwi and hazelnut bowl	Mango berry bliss	Mango berry bliss	Mango berry bliss	Mango berry bliss
<b>Dinner</b>	Easy summer salad with feta and walnuts	Salmon, brown rice & chargrilled vegetables	Lentil salad with lemon vinaigrette	Beetroot, sweet potato & feta couscous	One pan garlic lemon herb chicken with veggie	Beetroot, sweet potato & feta couscous	One pan garlic lemon herb chicken with veggie

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### Week 4 – Standard

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Coconut berry oats	Oats & seeds with banana tofu mousse	White bean breakfast salad	Coconut berry oats	Oats & seeds with banana tofu mousse	Egg white crepes with popped amaranth & quinoa	White bean breakfast salad
<b>Morning Snack</b>	Summer smoothie bowl	Banana & honey protein shake	Ancient grain and hazelnut yoghurt	Banana & honey protein shake	Summer smoothie bowl	Banana & honey protein shake	Ancient grain and hazelnut yoghurt
<b>Lunch</b>	Greek salad sandwich	Vegetarian tagine	Warm chicken salad	Salmon with salsa	Greek salad sandwich	Grilled salmon with brown rice and Tamari dressing	Garlic chilli chicken with char grilled potatoes
<b>Afternoon Snack</b>	Seed & date protein ball	Ancient grain and hazelnut yoghurt	Seed & date protein ball	Seed & date protein ball	Ancient grain and hazelnut yoghurt	Seed & date protein ball	Summer smoothie bowl
<b>Dinner</b>	Vegetarian tagine	Warm chicken salad	Salmon with salsa	Asian style veggie skewers	Grilled salmon with brown rice and Tamari dressing	Garlic chilli chicken with char grilled potatoes	Summer beef roast salad

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### Week 5 – Standard

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Lentil and avo toast	Cannellini bean & egg white salad	Chickpeas and garlic scrambled eggs	Lentil and avo toast	Cannellini bean & egg white salad	Lentil and avo toast	Chickpeas and garlic scrambled eggs
<b>Morning Snack</b>	No-bake raw cacao bites	Kale smoothie	No-bake raw cacao bites	Kale smoothie	No-bake raw cacao bites	Kale smoothie	No-bake raw cacao bites
<b>Lunch</b>	Italian salad with chickpeas	Spicy quinoa tuna salad	Italian salad with chickpeas	Blue Grenadier green salad	Spinach, mushroom, lentil and yoghurt pie	Italian salad with chickpeas	Greens, carrot & chicken stir-fry
<b>Afternoon Snack</b>	Pineapple & blueberry chia seed pudding	Pineapple & blueberry chia seed pudding	Yoghurt with the goods	Yoghurt with the goods	Pineapple & blueberry chia seed pudding	Pineapple & blueberry chia seed pudding	Yoghurt with the goods
<b>Dinner</b>	Spicy quinoa tuna salad	Sundried tomato zoodles	Blue Grenadier green salad	Spinach, mushroom, lentil and yoghurt pie	Bolognese stuffed eggplants	Greens, carrot & chicken stir-fry	Sundried tomato zoodles

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### Week 6 – Standard

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Cottage cheese with almond butter & quinoa	Lentil breakfast salad	Strawberry avo toast	Lentil breakfast salad	Strawberry avo toast	Cottage cheese with almond butter & quinoa	Strawberry avo toast
<b>Morning Snack</b>	Banana & hazelnut chia pudding	Cacao & peanut butter balls	Banana & hazelnut chia pudding	Cacao & peanut butter balls	Banana & hazelnut chia pudding	Banana & hazelnut chia pudding	Cacao & peanut butter balls
<b>Lunch</b>	Quick Greek salad with avocado	Chicken & kale stir-fry	Quick Greek salad with avocado	Easy salmon tartare on pumpernickel	Quick Greek salad with avocado	Baked salmon, tomatoes & beans with dill yoghurt	Coconut chickpeas with brown rice
<b>Afternoon Snack</b>	Apple wedges with melted nut butter	Avocado & date smoothie	Apple wedges with melted nut butter	Avocado & date smoothie	Apple wedges with melted nut butter	Avocado & date smoothie	Apple wedges with melted nut butter
<b>Dinner</b>	Chicken & kale stir-fry	Asian-style zoodles	Easy salmon tartare on pumpernickel	Summer beef roast salad	Baked salmon, tomatoes & beans with dill yoghurt	Coconut chickpeas with brown rice	Wild rice & quinoa tofu salad