

Week 3 Recipe Plan - STANDARD

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 avo-nana smoothie	Sunrise fruit salad	Spiced avo-nana smoothie	Sunrise fruit salad	Sunrise fruit salad	Spiced avo-nana smoothie	Spiced avo-nana smoothie
Lunch	Chicken, quinoa and edamame salad	Baked salmon with sweet potato and salad	Roast beetroot, kale & feta salad	Chicken, quinoa and edamame salad	Rainbow chicken salad	Chicken garbanzo	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	Baked salmon with sweet potato and salad	Roast beetroot, kale & feta salad	Fast stuffed capsicums	Rainbow chicken salad	Chicken garbanzo	Tomato & eggplant pasta	Roast beetroot, kale & feta salad

