

Week 4 Recipe Plan - STANDARD

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Coconut & mint quinoa scramble porridge	Green Smoothie with a Side of Toast	Silken strawberry & avocado smoothie	Coconut & mint quinoa scramble porridge	Green Smoothie with a Side of Toast	Silken strawberry & avocado smoothie	Coconut & mint quinoa scramble porridge
Morning Snack	Yoghurt with kiwifruit & blueberries	Apple with almond spread	Yoghurt with kiwifruit & blueberries	Almond protein shake	Yoghurt with kiwifruit & blueberries	Almond protein shake	Yoghurt with kiwifruit & blueberries
Lunch	Sweet chickpea and beets salad	Chicken & mango salad	Smoked salmon quinoa salad	Pasta with lentil sauce and feta	Baked quinoa & vegetable slice	Herby greek chicken and quinoa salad	Stir fried salmon & asparagus with rice salad
Afternoon Snack	Chickpea snack salad	Yoghurt with kiwifruit & blueberries	Apple with almond spread	Chickpea snack salad	Almond protein shake	Apple with almond spread	Chickpea snack salad
Dinner	Za'atar tofu hummus bowl with grilled vegetables	Smoked salmon quinoa salad	Pasta with lentil sauce and feta	Baked quinoa & vegetable slice	Herby greek chicken and quinoa salad	Stir fried salmon & asparagus with rice salad	Chicken & mango salad

