

Week 5 Recipe Plan – STANDARD

Food & Mood Phase 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	White bean breakfast salad	Kale smoothie	Berry & walnut yoghurt	White bean breakfast salad	Kale smoothie	Berry & walnut yoghurt	Kale smoothie
Morning Snack	Apple & cinnamon balls	Banana tofu mousse with seeds	Carrot, cucumber & hommus	Banana tofu mousse with seeds	Carrot, cucumber & hommus	Banana tofu mousse with seeds	Carrot, cucumber & hommus
Lunch	Tuna and white bean salad	Chicken green curry	Lemon & honey protein salad	Chickpea and olive green salad	Tuna and white bean salad	Mediterranean stuffed tomatoes	Chickpea and olive green salad
Afternoon Snack	Carrot, cucumber & hommus	Apple & cinnamon balls	Apple & cinnamon balls	Lemon & basil protein snack	Apple & cinnamon balls	Lemon & basil protein snack	Apple & cinnamon balls
Dinner	Chicken green curry	Lemon & honey protein salad	Chargrilled capsicum & asparagus salad	Salmon, brown rice & chargrilled vegetables	Mediterranean stuffed tomatoes	Veal ratatouille	Salmon, brown rice & chargrilled vegetables



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