

## Week 1 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>	Egg white berry omelette	Almond & berry muesli	Breakfast bruschetta	Egg & veggie breakfast bowl	Almond & berry muesli	Breakfast bruschetta	Breakfast bruschetta
<b>Morning Snack</b>	Cashews & Greek yoghurt	Avocado banana smoothie	Honey & almond yoghurt	Avocado banana smoothie	Honey & almond yoghurt	Avocado banana smoothie	Honey & almond yoghurt
<b>Lunch</b>	Four bean salad	Super veggie tuna salad	Crispy tofu rainbow salad	Creamy Mediterranean pasta	Citrus green bean, wild rice & beef salad	Artichoke & radish soba noodle salad	Chicken & mango salad
<b>Afternoon Snack</b>	Cucumber & hummus	Ricotta, snow peas & almonds	Minty green tea smoothie	Ricotta, snow peas & almonds	Minty green tea smoothie	Ricotta, snow peas & almonds	Minty green tea smoothie
<b>Dinner</b>	Quinoa & chia crusted chicken with green beans	Crispy tofu rainbow salad	Creamy Mediterranean pasta	Citrus green bean, wild rice & beef salad	Artichoke & radish soba noodle salad	Chicken & mango salad	Citrus green bean, wild rice & beef salad



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