



WEEK TEN FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
MONDAY					
	1 x Protein Shake + ¼ cup frozen berries + 1 tablespoon natural yogurt	Turkey salad – 120 g shaved turkey, 1 cup salad –spinach,celery, cucumber & ½ diced apple. 1 tbs mayo	Colourful Wellbeing Bowls		
TUESDAY					
	Ella's Overnight Oats	Wellbeing Bowl	Empire Roast Chicken With spicy carrots green salad and raita		
WEDNESDAY					
	1 x Breakie Muffin	Empire Chicken & Green Been salad	Grilled Salmon & herb salad		
THURSDAY					
	½ cup natural yogurt, 10 blueberries, 10 almonds	1 x Flaked salmon + 1 cup spinach & kale greens, ½ cup cooked quinoa and fresh squeezed lemon.1 tbs natural yogurt.	Mexican Meatballs with Salsa and lettuce cups		
FRIDAY					
	1 x breakie muffin	Wholewheat wrap with 2 meatballs and mixed salsa from last night & shredded lettuce. Add 1 tbs grated cheese	Teriyaki beef stirfry with zucchini noodles, snow peas & Asparagus		
SATURDAY					
	Yogurt breakie bowl - ½ cup natural yogurt, mixed berries,coconut flakes, 10 almonds	1 x serve beef stirfry	Chicken Orange & rocket salad		
SUNDAY					
	½ bunch steamed brocolini + 1 poached egg, diced tomato, ¼ avocado, handful almonds	Chicken, spinach mushroom and fetta Sourdough toastie	Lean Shepards Pie with Cauliflower Topping		

SNACKS: no more than 2 snacks per day – no more food to be consumed after 7pm if possible or straight after evening class.

WELLBEING BOWL

INGREDIENTS - Makes 2 Bowls (1 + lunch next day)

1 small sweet potato sweet potato, peeled and chopped into 1cm cubes

1 medium beetroot peeled and chopped into 1cm cubes

2 cups kale, roughly chopped

olive oil

350g Roast / bbq Chicken

1 cup Cooked Quinoa

Salt & pepper to taste

¼ cup Purple cabbage

Hummus Dressing

2 tbsp hummus

½ medium lemon juiced

1 pinch sea salt

1 crushed garlic clove

METHOD

Preheat oven to 180°C & line a baking tray with baking paper. Place sweet potato and beetroot on a baking tray and toss oil and a pinch of sea salt. Place in the oven and bake for 15 minutes until cooked through. While the vegetables are cooking, add roughly torn kale leaves to a serving bowl, drizzle with olive oil and a pinch of sea salt. Massage the oil into the kale leaves until soft. Push half the kale to a corner of the bowl and place the rest into a container for lunch tomorrow.

Once veggies are cooked, arrange your macro bowl. Place half of the roasted veggies next to your massaged kale, followed by half the leftover Roast Chicken and half the Cooked Quinoa. Place remaining ingredients with the kale in the container for lunch.

To make the dressing add all ingredients to a jar with 2 tablespoons of water, and shake until combined. Add more water if you'd like your dressing to be thinner. Drizzle salad with half of the dressing and keep the rest in the jar to serve with lunch.



LUNCH – CHICKEN AND GREEN BEAN SALAD

INGREDIENTS

- 1 x 180g Roast Chicken
- 1 cup mixed salad leaves
- 1 cup blanched green beans
- ¼ cup halved cherry tomatoes
- 2 tbsp feta cheese crumbled
- 1 medium lemon juiced
- 1 tsp Dijon mustard
- 10 ml extra virgin olive oil

METHOD

1. Toss chicken, beans, tomatoes, leaves and feta together in a serving bowl.
2. Make the dressing by whisking lemon, dijon and oil until well combined.
3. Drizzle over salad to serve.



EMPIRE CHICKEN WITH SPICY CARROT SALAD & RAITA

INGREDIENTS

For the chicken and marinade

- 1 large chicken to roast
- 1 heaped tablespoon garlic , finely grated
- 1 heaped tablespoon fresh ginger , finely grated
- 1 heaped tablespoon fresh red chilli , finely grated
- 1 heaped tablespoon tomato puree
- 1 heaped teaspoon ground coriander
- 1 heaped teaspoon turmeric
- 1 heaped teaspoon garam masala
- 1 heaped teaspoon ground cumin
- 2 heaped teaspoons natural yoghurt
- 1 lemon , zest and juice
- 2 level teaspoons sea salt
- ground pepper
- 1 small bunch fresh coriander



Method

1. Slash the chicken's legs a few times right down to the bone. Get a roasting tray slightly bigger than the chicken, then add all of the marinade ingredients and mix together well. really massage those flavours over and inside the chicken so it's smeared everywhere. Don't be shy! Pierce the lemon and add the lemon to the inside cavity. Optional - marinate overnight in the fridge but not necessary.
2. Preheat the oven to 200°C Place the chicken straight on to the bars of the middle shelf, above a roasting tray. Cook for 1 hour 20 minutes.
3. Serve with Green garden salad, spicy Sesame Carrots : see below

SPICY SESAME CARROT SALAD

INGREDIENTS

1. 1 clove garlic, minced
2. 2 tablespoons white vinegar
3. 2 tablespoons rice wine vinegar
4. 1 tablespoon honey
5. 1 tablespoon toasted sesame oil
6. 1/2 cup sesame seeds, toasted
7. 1/2 teaspoon red pepper flakes or 1 fine chopped red chilli
8. Kosher salt
9. 1 carrot per person peeled lengthwise into thin ribbons
10. 1 cup tightly packed corriander leaves



RAITA

½ cup natural yogurt and ½ cucumber grated and 2 tablespoons chopped fresh mint

DIRECTIONS

1. In a small bowl, whisk together the garlic, vinegars, honey, sesame oil, sesame seeds, red pepper flakes, and 1 teaspoon salt. Pour the dressing over the carrots, add the corriander, and toss well. Season to taste with salt, and serve with the Empire Chicken and Yogurt Raita

GRILLED SALMON WITH HERB SALAD

- 3 salmon fillets (180g each -1 for lunch the next day)
- sea salt
- 1 lemons cut into wedges, to serve
- **Salad**
- 2 cup baby spinach
- ½ avocado diced
- 1 handful watercress
- 1 large handful fresh mixed herbs such as, dill, tarragon, mint and parsley
- 1 tablespoon lemon juice
- 1 ½ tablespoons extra virgin olive oil

Method

Grill salmon or place on bbq for 3-4 mins until still pink in the middle or to your liking.

Meanwhile, combine all the salad ingredients together and gently toss to combine. Season with a little salt.

Divide the salad and salmon between two serving plates; serve with lemon on the side. Flake the salmon pieces of the third piece and mix through a green salad for tomorrow. Add lemon to squeeze over the top.



MEXICAN MEATBALLS WITH SALSA

Ingredients – serves 4 plus lunch

1. 600 g chicken mince
2. 250 g chorizo sausage, finely chopped
3. 1 egg
4. Salt and pepper
5. 2 tablespoons chopped coriander leaves
6. 2 tablespoons coconut oil
7. 12 baby cos lettuce leaves
8. 1 avocado, thinly sliced
9. 1 red capsicum, thinly sliced
10. 1 Lebanese cucumber, thinly sliced
11. 1 tin of sweetcorn
12. 1 lime, cut into wedges
13. Coriander leaves, to serve
14. **Tomatillo sauce**
15. 1 tablespoon coconut oil
16. 1 onion, finely chopped
17. 4 garlic cloves, crushed
18. 500 g tomatoes
19. 2 pinches chilli powder*
20. 1 teaspoon ground cumin
21. 250 ml (1 cup) chicken stock
22. 1 tablespoon honey (optional)
23. ½ teaspoon sea salt
24. ½ teaspoon freshly ground black pepper

METHOD

1. To make the sauce, add oil in a large frying pan over medium heat, then add the onion and garlic and cook for 2–4 minutes, or until translucent. Stir in the diced tomatoes, chilli powder, cumin and stock, bring to the boil, then reduce the heat and simmer for 15 minutes, or until the tomato has broken down. Mix in the honey (if using), remove the pan from the heat and allow to cool. Transfer the sauce to a blender and blend until smooth. Season with salt and pepper. Set aside.



2. Preheat the oven to 180°C. In a large bowl, combine the chicken mince, chorizo, egg, salt, pepper and chopped coriander. Use your hands to combine and shape the mixture into walnut-sized balls (you should make about 24). Place on a tray and set aside.

Heat the oil in a large ovenproof frying pan over medium–high heat. Add the meatballs and fry for a few minutes until brown on all sides. Transfer the pan to the oven and bake for 5–7 minutes, or until the meatballs are cooked all the way through.

Meanwhile, pour the sauce into a saucepan, cover and simmer for 20 minutes, stirring occasionally to prevent burning. Add a little more stock if needed. Once meat balls are cooked – add to the sauce and coat totally.

To serve choose either zucchini noodles with the salsa ingredients on top or add a meatball to a cos lettuce leaf – top with a sprinkle of corn, cucumber, avocado, & capsicum. Your serve is 5 meatballs. Add lunch serve to a container along with 1/2 cup brown rice and & ½ cup corn, onion avocado and capsicum.

Teriyaki Beef Stirfry

Ingredients – 4 + lunch

500g beef rump steak or stirfry strips,

2 garlic cloves, finely chopped

1 long red chilli, finely chopped

1/2 cup teriyaki sauce

450g zucchini noodles

1 1/2 tablespoons oil

4 spring onions, cut into 5cm lengths

1 bunch asparagus, trimmed, chopped

100g snow peas, trimmed

1 bunch bok choy

Method

Thinly slice steak. Place in a shallow dish. Add garlic, chilli and half the teriyaki marinade. Stir to coat. Cover and refrigerate for 30 minutes.

Place zucchini noodles in a large, heatproof bowl. Cover with boiling water. Stand for 2 minutes. Drain.

Heat a wok over high heat. Add 2 teaspoons oil. Swirl to coat. Add half the beef. Stir-fry for 2 to 3 minutes or until sealed. Transfer to a plate. Repeat with 2 teaspoons oil and remaining beef.

Add onion, asparagus, snow peas, bok choy stems and remaining oil to wok. Stir-fry for 1 to 2 minutes or until asparagus is just tender. Return beef and juices to wok. Add noodles, bok choy leaves and remaining teriyaki marinade. Stir-fry for 2 minutes or until heated through. Serve. Save a serving for lunch tomorrow 😊



CHICKEN ORANGE & ROCKET SALAD WITH FETTA & WALNUTS

Ingredients – serves 2 + lunch

Cook time: 10 Mins

500g chicken tenderloins grilled

1 Avocado thinly sliced

2 oranges peeled & cut into slices

2 cups rocket spinach and kale salad mix, basil & mint leaves

fetta cheese - crumbled

pomegranate seeds / walnuts

Vinaigrette:

2 tbsp lemon juice

2 tbsp olive oil

1 tbsp honey

1/4 tsp salt & pepper

Method:

Grill the chicken tenderloins and set onto plates.

Put salad leaves, basil and mint leaves in a big bowl with avocado and orange slices.

Put lemon juice, extra virgin olive oil, honey, salt and pepper in a tight lid bottle and shake it well to mix them all together. Drizzle it over your salad, mix it well. Garnish with feta cheese and pomegranate seeds / walnuts. delicious! This is a great salad for lunches as well.



LEAN TURKEY SHEPARDS PIE WITH CRUNCHY CAULIFLOWER TOPPING

INGREDIENTS – SERVES 4 + LUNCH

Topping

1 head cauliflower, roughly chopped

2 clove garlic

¼ tsp sea salt

2 Tbsp extra virgin olive oil

¼ cup parmesan cheese

Filling

500g turkey mince

1 onion, diced

1 cup diced mushroom

2 stalks celery, diced

2 carrots, diced

1 Tbsp tomato paste

1 tsp Dijon mustard

1 cup soup stock

1 cup kale/ spinach, finely chopped

2 Tbsp oil



METHOD

Topping

1. Preheat oven to 180
2. Place roughly chopped cauliflower in a pot with about ½ cup water. The water should not cover the cauliflower, just enough so that the cauliflower will steam. Cover the pot and place on medium heat for about 3-5 minutes until cauliflower is soft.
3. Once cauliflower is steamed throw it in a food processor with garlic, sea salt and extra virgin olive oil. Blend until smooth. If you don't have a food processor then mash with a masher or a fork.

Filling

1. Place a sauté pan on medium heat and pour in 2 tablespoons oil. Add the onion, carrots, mushroom and celery and saute for 5-7 minutes until onions are really translucent.
 2. Add the turkey and cook until browned. Use the back of a spoon to break up the turkey and mix around so it is evenly cooked.
 3. Add the tomato paste, Dijon mustard, and stock.
 4. Reduce the heat and simmer for about 15 minutes until most of the liquid has been absorbed.
 5. Grease a casserole dish or single serve ramekins (1 cup) and layer in the turkey mixture and then spread the mashed cauliflower on top. Sprinkle with cheese & bake for 40 minutes.
- Serve up with 1 cup of crunchy salad greens.