



clubhouse

for cake eating rebels who want happier, flatter bellies!

7 Day Meal Plan

This meal plan uses all the new recipes for this month and aims to save you time by batching cooking and using leftovers.

Feel free to follow this to the letter or mix and match and pick the bit you fancy – you do not 'have' to follow this exactly or at all. If you're already in a groove with your eating then keep going ;)

Making your own meal plan? Then make sure you head over to the recipe section in the Clubhouse.

I have also included a Batch Cooking Schedule – this is a rough timetable you could follow on a Sunday morning to save you tons of time the rest of the week. Again, only use this is helpful.

Click the [blue links](#) to get additional recipes – all other recipes are found in this months recipe ebook.

BA = BULK ALERT - To let you know to make double and keep some for lunch/weekend

Happy Eating !!

Kezia xxx



Breakfast	Lunch	Dinner	Snacks/ treats
Peanut Butter & Jelly Smoothie	x4 rice cake or GF oatcakes topped with avocado, the pesto dip and pinch salt. Lots of carrot and celery sticks too	<i>Slow cooked...</i> Beef in BBQ sauce OR <u>Lentil Madras</u> both served with roast sweet potato or rice	Aim for 1-2 a day and use common sense... <i>I.e don't just eat cheese cake all day as a snack !?</i>
<u>Supercharged Porridge</u> topped with berries	Feta & butternut salad with pumpkin seeds and small pot of natural greek or coconut yogurt	Speedy Pesto topped with poached egg or cod fillet and salad on the side.	A slice chocolate cheesecake! ½ of any of the green smoothie recipes
Chocolate Chunky Monkey Smoothie	Tinned mackerel or boiled eggs, avocado, pine nuts served with kale and quinoa salad	Leftover Beef or fresh Salmon fillet or Tempeh with Satay Stir Fry	Chocolate & ginger energy bite square Chopped apple with tsp of peanut/almond butter
<u>Supercharged Porridge</u> topped with berries	Feta & butternut salad with pumpkin seeds and pesto dressing and small pot of natural greek or coconut yogurt	Baked Sweet potatoes with Pesto Dip filling, fried egg and cooked peas or side salad	Carrots & hummus
Peanut Butter & Jelly Smoothie	<u>Pea & Coconut</u> soup with carrot batons in it. (make a double batch while your at it)	<u>Baked Lentil & Butternut Curry</u> (you could do this in slow cooker too and ideally make in bulk!)	Small pot of organic yogurt Hot chocolate made with tbspcocoa, milk of your choice and small amount of sweetener ;)
2 rashers of bacon, 2 poached eggs with portobello mushrooms and/or avocado	Leftovers from weeks dinners OR Omelette made with goats cheese, spinach, onions and ½ green smoothie	Pizza Night! <u>Make my pizza base</u> and top with you fav toppings. Serve with big green salad	
Organic yogurt or coconut yogurt topped with walnuts, banana and cinnamon	<u>Pea & Coconut</u> soup with a slice of bread/toast of your choice!	Slow cooked chicken* or grilled halloumi slices served with TONS of mixed roasted veggies with left over pesto or satay sauce from week.	



** to cook chicken in slow cooker simple add about 200ml of broth or water to the slow cooker, add chicken and leave on medium heat for minimum of 4 hours but longer is fine. This will not be crispy so feel free to finish off in a 180c heated oven to crispen skin.*

Tips

- Don't feel like your have to follow meal plan exactly – mix it up and do what works for you.
- Make sure you check out my meal planning training video on the members page.
- Feel free to just repeat certain breakfast or lunches that you enjoy.

BULKING GENIUS

- Why not make 2-3 pizza bases at once and then just freeze 2 for speedy future pizza nights?



'Sunday' Batch 2 Hour Cooking Schedule

Taking 2 hours out to batch cook saves you so much time and sets you up to succeed for the rest of the week.

This is based on the above meal plan so adjust to you preference.

This schedule make/prepares:

- the beef – so you can just reheat
- satay sauce - for speedy stir fry's
- pesto – for quick dressing, dinners and lunches
- paprika crisps – for weeks snacks
- ginger and chocolate energy bites – treats on tap

Time	Action
10am-10.10am	Place beef in slow cooker on Sunday morning to prepare for week.
10.10-10.30am	Make the butternut salad. I recommend doubling amount of butternut & feta salad as then you can easily use it for other meals. Place in oven to cook.
10.30-10.45am	Make pesto dip
<i>Mini clear up – load dishwasher etc</i>	
11-11.15am	Finish off butternut salad once buttenut is cooked. Make satay sauce Wash up food processor/blender
11.20am-11.45	Make chocolate and ginger energy bites and place in freezer Make paprika crisp
11.45-12.15pm	Clear up allow things to cook
Late afternoon evening	Remember to remove your chicken and cut it up and place in fridge! <i>Got more time?</i> Then when not take an extra 25 mins to make the quinoa and kale salad too ;) Or make a big batch of pea and coconut soup and freeze some.