



# 1. RESET Meal Plan

**Bold** are those in recipe ebook and any **Pink** is a recipe via link provided.

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

	Breakfast	Lunch	Dinner	Snacks
1	<b>Chocolate Chia Pudding</b> topped with 1/2 banana and coconut cream	Large salad, with hard boiled eggs, olive oil, pumpkins seeds and <b>Mackerel Pate</b> <i>BA</i>	<b>Fish pie</b> served with pea <i>BA</i>	<ul style="list-style-type: none"> <li>• <b>Paprika chips</b></li> <li>• <b>Tamari Trail Mix</b></li> </ul>
2	x3 scrambled eggs with slices of smoked salmon or uncured bacon and avocado	<b>Fish Pie</b> <i>(Leftovers)</i>	<b>Easy Chilli</b> served with cauliflower rice and avocado slices <i>BA</i>	<ul style="list-style-type: none"> <li>• carrots and celery with tsp almond butter</li> </ul>
3	<b>Banana Pancakes</b> serves with bacon and scrambled eggs	<b>Creamy Cauliflower soup</b> , with <b>Linseed Flat Bread</b>	<b>Fat Busting Stir Fry</b> with raw king prawns and cauliflower rice	<ul style="list-style-type: none"> <li>• a cup of soup</li> </ul>
4	<b>Buckwheat Bread</b> (x1 slice) topped with 2-3 poached eggs	Cooked salmon on large salad with <b>Detox Dressing</b>	<b>Easy Chilli</b> served with cauliflower rice and avocado slices	<ul style="list-style-type: none"> <li>• cucumber dipped in <b>guacamole</b></li> </ul>
5	<b>Chocolate Power Smoothie</b>	<b>Creamy Cauliflower soup</b> , with <b>Linseed Flat Bread</b>	<b>Sausage Casserole &amp; Mash</b> with cook broccoli <i>(BA - for casserole for freezer)</i>	
6	Scrambled eggs and cooked mushrooms with avocado slices	Large salad, with hard boiled eggs, olive oil, pumpkins seeds and <b>Mackerel Pate</b> <i>BA</i>	Sweet potato chips, <b>Mayo</b> , fried egg, peas and fish/pork chop	
7	<b>Chocolate Power Smoothie</b>	<b>Linseed Flatbread</b> serve with cucumber, tomato and <b>Mackerel Pate</b>	Roast beef/chicken OR <b>Cooked Salmon</b> (whole fish) with lots of roasted cauliflower, broccoli, garlic, carrots and onions.	



## Weekly Batching Flow

The best thing you can do is set aside 2 hours a week to cook up a lot of food to make your week easier and meal times quicker. I tend to batch cook on Sunday or Monday evenings and live by the mantra - *cook once, eat twice...or even three times!*

Here are ideas of food to make in bulk (and rough prep time to allow for each) at start of the week. Ideally pick 2-4 of these and make them in advance so you can grab and go! Remember to leave 10-20 mins for clearing up ;)

- **Easy Chilli** - 30 mins
- **Creamy Cauliflower Soup** - 25 mins
- **Linseed Flat Bread** - 25 mins
- **Hard boiled eggs** - 5 mins
- **Ghee** - 20 mins
- **Almond butter** (or you can buy this) - 10 mins
- **Detox Dressing** - 5 mins
- **Mayo** - 5 mins

All recipes in the recipe ebook.