



2. RESET Meal Plan

Bold are those in recipe ebook and **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	Instant Porridge or Supercarged Porridge topped with banana, cinnamon and almond butter	A large slice of Sweet Potato Quiches with a large salad with olives, olive oil and mayo . <i>BA</i>	Flourishing Beef Burgers served in lettuce buns topped with guacamole, fried egg, mayo and avocado	<ul style="list-style-type: none"> ▪ 6-7 pecans ▪ hard boiled eggs ▪ 100% dark chocolate dipped in nut or seed butter ▪ Smoothie made with 1/2 banana, tbsp nut butter, cinnamon & nut milk ▪ sweet and salty coconut chips
2	x3 scrambled eggs with slices of smoked salmon or uncured bacon and avocado	Tinned mackerel or boiled eggs, avocado, pine nuts served on a bed of spinach with lemon and olive oil dressing	Pea and Sweet Potato Curry served with cauliflower rice <i>BA</i>	
3	Buckwheat Bread topped with avocado and almond butter and pinch of salt	A slice of Sweet Potato Quiches with a large salad with olives, olive oil and mayo .	Chicken Satay served with lots of roasted vegetables	
4	x3 scrambled eggs with slices of smoked salmon or uncured bacon and avocado	Tinned mackerel or boiled eggs, avocado, pine nuts served on a bed of spinach with lemon and olive oil dressing	Salmon, roasted sweet potato, pea and mayo	
5	Berry Smoothie A cup of berries, handful of spinach and 2tbsp almond butter with 300ml water or almond milk. <i>(Optional hard boiled eggs if hungry)</i>	Large Salad topped with hard boiled eggs and/or a mackerel fillet with Satay Dressing	Pea and Sweet Potato Curry served with cauliflower rice <i>(leftovers)</i>	
6	Banana Pancakes serves with bacon and scrambled eggs	Omelette with mushrooms and onion and a large salad	Slow Cooked Ratatouille (a large bowl)	
7	Choc Smoothie: 2 tbsp cocoa, 1/2 avocado. 300ml water, 2 tbsp almond butter, a banana and 1 handfuls spinach	Bacon sarnie! Using toasted slices of the buckwheat bread, bacon, avocado slices and even a fried eggs!	Sausages or Cod, sweet potato mash, onions and broccoli	



Weekly Batching Flow

The best thing you can do is set aside 2 hours a week to batch make some food to make your week easier.

Here are ideas of food to make in bulk (and rough 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 ;)

- **Sweet potato Quiche** - 30 mins
- **Pea and Sweet Potato Curry**- 40 mins
- **Hard boiled eggs** - 5 mins
- **Ghee** - 20 mins
- **Almond butter** (or you can buy this) - 10 mins
- **Buckwheat Soda bread** for speed and ease! - 30 mins - *Make this even better and make 2 loaves and freeze them all in slices.*
- **Satay Coriander Dressing** - 2 mins
- **Sweet and Salty Chips** - 10-15 mins

All recipes in the recipe ebook.