



3. 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 | Choc Smoothie: 2 tbsp cocoa, 1/2 avocado. 300ml water, 2 tbsp almond butter, a banana and 1 handfuls spinach | Slices of ham/chicken, carrots, celery with large bowl of Pea & Coconut Soup <i>BA</i> | Butter Chicken Curry serve with cauliflower rice <i>BA</i> | <ul style="list-style-type: none"> ▪ handful of walnuts ▪ carrots with almond butter ▪ hard boiled eggs ▪ 100% dark chocolate ▪ blueberries with coconut cream ▪ sweet and salty coconut chips |
| 2 | x3 scrambled eggs with slices of smoked salmon or uncured bacon and avocado | Pea & Coconut Soup with carrots batons and a snack from the list | Baked sweet potato with large salad, tuna, homemade mayo | |
| 3 | Coconut Yogurt topped with walnuts and blueberries. | Large Salad topped with hard boiled eggs and/or a salmon fillet with Detox Dressing | Meatballs with spiralled courgette | |
| 4 | Instant Porridge or GF oat porridge topped with 1/2 banana and 2 tbsp pumpkin seeds. | Meatballs (leftovers) with large salad | Courgette pasta or brown rice pasta with pesto served with a grilled salmon fillet | |
| 5 | x3 Soft boiled eggs and cooked asparagus and seas salt | Large Salad topped with hard boiled eggs and/or a mackerel fillet with Detox Dressing | Fat Busting Stir Fry served with rice and added king prawns and/or cashews | |
| 6 | Crepes with frozen blueberries, coconut cream & almond butter | Buckwheat bread (1 slice) and x2-3 poached eggs and spinach | Butter Chicken Curry serve with cauliflower rice <i>BA</i> | |
| 7 | Instant Porridge or GF oat porridge topped with 1/2 banana and 2 tbsp pumpkin seeds. | New Covent Garden (or other 'posh') Soup with carrot croutons and avocado slices <i>(check ingredient list)</i> | Roast Chicken OR Tempeh Burgers with lots of roasted vegetables and large salad, mayo or salad dressing | |



Weekly Batching Flow

Set yourself up for success by taking some time out each week to get lots of food ready to go. Live by the philosophy of cook once eat twice. So when you do cook make a double batch and freeze some as it often does take any more time or mess, but make life so much 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 ;)

- **Pea and Coconut Soup** - 20 mins
- **Butter Chicken Curry** - 40 mins
- **Hard boiled eggs** - 5 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.*
- **Detox Dressing** - 2 mins

All recipes in the recipe ebook.