



clubhouse

for cake eating rebels who want happier, flatter bellies!

November's 7 Day Meal Plan

This plan uses all the new recipes in this month's bundle and aims to save you time by batching cooking and using leftovers.

It is based on cooking a whole chicken at the start of the week if you're a meat eater for speedy protein and dinners, or relying on ready made tempeh if you are vegetarian (*which if your unfamiliar is a fermented soya product – but better for you than tofu and available at health store in frozen section or online.*)

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 Flow – 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 month's recipe ebook.

*BA = BULK ALERT - To let you know to make double and keep some for lunch/weekend
This meal plan is based on 2 people eating adjust to your own quantities*

Happy Eating !!

Kezia xxx



Breakfast	Lunch	Dinner	Snacks/ treats
Berry Cherry Blast Smoothie	Soup with avocado and GF oatcakes Lots of carrot and celery sticks too	<i>BA - Slow cooked...</i> One Pot Chilli with some cooked peas on the side (<i>cauliflower rice/normal rice if you wish!</i>)	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 pumpkin puree & mixed spice	One Pot Chilli with baked sweet potato and side salad	<i>BA - Butter</i> Chicken/Tempeh Curry served with cauliflower rice	½ of any of the green smoothie recipes
Pumpkin Pie Chocolate Smoothie	Leftover chicken and/or hummus with boiled eggs, spinach/salad avocado, with lots of olive oil dressing	Chicken/Salmon/ Tempeh with Satay Stir Fry served with some rice or buckwheat noodles noodle (<i>Oct recipe bundle</i>)	Square of blondies Carrot batons with tsp of peanut/almond butter
<u>Supercharged Porridge</u> topped with berries	Soup with avocado and Dough Bread Rolls Lots of carrot and celery sticks too	Butter Chicken/Tempeh Curry served with cauliflower rice	Bowl of crumble topped with natural greek yogurt Bowl of soup
Organic yogurt or coconut yogurt topped with walnuts, banana and cinnamon	One Pot Chilli with baked sweet potato and side salad	One Pot Sausage Pasta Bake with optional side salad and sauerkraut	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 x2-3 Poached eggs on buckwheat toast with lots wilted spinach and raw salted tomato slices	Pizza Night! <u>Make my pizza base</u> and top with you fav toppings. Serve with big green salad Or try out this <u>Cauliflower Pizza Base</u>	
<u>Pancakes</u> with raw honey and natural yogurt	<u>Sweet Potato Toast</u> topped with your favourite things!	One Pot Sausage Pasta Bake (<i>or other leftovers</i>) or buy pre roasted chicken and serve with roasted veggies	



Tips

- Don't feel like you 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 loaves of buckwheat bread then store slices in the freezer for instead gF bread?



'Sunday' Batch 2 Hour Cooking Flow

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 your preference.

This schedule make/prepares:

- the chicken – so you can make speedy dinners
- Buckwheat bread – for speedy toast
- blondies – because cake that is ready to go it always important
- mackerel pate – health lunch protein ready to go
- french onion soup – hello lunch
- tamari trail mix – sugar free snacking sorted!

Time	Action
Upon waking or overnight in slow cooker	Place a whole chicken in oven and cook according to instructions (roughly 1.5 hours) to prepare for week.
10.00-10.30am	Make a batch of Buckwheat bread and place in oven <i>I recommend doubling it and freezing lots – as this should give you a months supply!</i>
10.30-11am	Make the blondies and place in oven (<i>or set aside for when buckwheat bread is finished</i>) Blend mackerel pate and place in fridge.
<i>Mini clear up – load dishwasher etc</i>	
11.15-11.45am	Chop up onions for the French Onion soup (use food processor is available) and start cooking soup. While cooking soup toast the mixed seeds for Tamari Trail mix – allow to cool then store
11.45	Remove chicken and allow to cool and tidy up
Late afternoon evening	Cut up chicken and store in fridge then use through bones into slow cooker to make bone broth and cook overnight with water, onions and garlic and some salt. <i>Got more time? Make the one pot Sausage Pasta Bake so you can simply reheat in the week.</i>