



for cake eating rebels who want happier, flatter bellies!



December's 7 Day Meal Plan

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

It's based around a 'normal' week in December. As I assume that you will have your traditional festive favourites for fancy Christmas Dinners (*if not give me a shout on Facebook page and I will happily share mine*) – so think of this as your meal plan pre-December 24th when all the feasting kicks off ;)

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 months 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 & Christmas!

Kezia xxx



Breakfast	Lunch	Dinner	Snacks/ treats
Gingerbread Smoothie	Soup with avocado and GF oatcakes Lots of sliced pepper and celery sticks too with some hummus.	<i>BA - Slow cooked...</i> Beef Cardamon Curry with some cauliflower rice, normal rice or cooked vegetables	Aim for 1-2 a day and use common sense... <i>I.e don't just eat torte all day as a snack !?</i> Nakd Christmas Pudding bar!
Tropical Turmeric Mango Smoothie	Baked sweet potato with Moroccan hummus and side salad	<i>BA – Cottage Pie</i> served with cooked peas	½ of any of the green smoothie recipes
Chocolate Pudding Smoothie	Leftover chicken and/or hummus with boiled eggs, spinach/salad avocado, with lots of olive oil dressing	Beef Cardamon Curry - leftovers with mashed sweet potatoes	Gingerbread square Carrot batons with tsp of peanut/almond butter
Tropical Turmeric Mango Smoothie	Cauliflower Cheese Soup with avocado slices. Lots of carrot and celery sticks too	Chorizo/Mushroom/ Prawn Risotto served basic spinach, cucumber and tomato dressed in olive oil	Slice of chocolate chestnut torte
Gingerbread Smoothie	Chorizo/Mushroom/ Prawn Risotto - leftovers with 1-2 hard boiled eggs and salad	<u>One Pan Cranberry Balsamic Roasted Chicken</u> OR <u>Spanish Chickpea and Spinach Stew</u> <i>served with roasted vegetables</i>	Hot chocolate made with tbsp cocoa, milk of your choice and small amount of sweetener ;)
2 rashers of bacon, 2 poached eggs with portobello mushrooms and/or avocado and <u>pancakes.</u>	<u>Pea and Coconut Soup</u> with some cheese and cucumber slices	<i>BA – Cottage Pie</i> served with cooked peas	
Chocolate Pudding Smoothie	2x Poached egg on <u>Buckwheat Toast</u> with wilt spinach and cooked mushrooms.	Almond Satay Stir Fry (Sept Bundle) with ready made veggies and chicken/prawn/tempeh	



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.

Time	Action
10.00-10.30am	Place everything for beef cardamom curry in slow cooker . 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>
10.30-11.15am	Make the gingerbread squares and place in freezer. Blend up a batch of hummus.
<i>Mini clear up – load dishwasher etc</i>	
11.30-12.15pm	Put Cauliflower soup ingredient in pan and boil. While that is cooking make the cottage pie, assemble, cool then store in fridge later.
12.15pm	Clear up, stir curry in slow cooker. <i>(really want to supercharge this? Then take an extra 15 mins to make a batch of the pea and coconut soup for easy lunches)</i>
Late afternoon evening	Turn off slow cooker and place curry in fridge once cool. Place cottage pie in fridge once cool.