



JANUARY'S 7 Day Meal Plan

Welcome to 2017!!!

I hope your ready to create one beautiful healthy, whole and vibrant year. As you might expect we are kicking of this year in the Clubhouse with some tasty food, a focus on supporting optimum digestion all with a BIG dose of body LOVE.

This plan has a gentle detoxifying focus – but honestly you would never really know it....I mean it includes homemade chocolate! Plus your body is detoxifying all the time (otherwise yo would be dead!) so all we need to do is gently support this naturally occurring process with wholesome food and rest

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

Be the Bold Beautiful YOU!

Kezia xxx



Breakfast	Lunch	Dinner	Snacks/ treats
Lemon Detox	Baked sweet potato with tinned sardines or hummus and side salad	<i>BA</i> Roast Chicken with LOTS Roasted Veggies OR Macaroni Cheese	Aim for 1-2 a day and use common sense... <i>I.e don't just eat oat bakes all day as a snack !?</i>
Lemon Detox Smoothie	Leftover Chicken OR Walnut & Goat Cheese Salad with RACV and olive oil applied generously	<i>BA – Fish Pie</i> served with cooked peas	Maca oat bake square ½ of any of the green smoothie recipes
X2-3 eggs with large mushrooms and cooked spinach and butter	Millet, Fennel and Feta Salad with 2 hard boiled eggs	Leftover Chicken OR Cashew Stir Fry with shop bought stir fry veggies mix and tamari sauce with garlic, grated fresh ginger and chilli	Almonds 1-2 Sugar-free Chocolates Carrot batons with tsp of peanut/almond butte
Lemon Detox Smoothie	Chicken Soup with veggies crudités with some grated cheese Lots of carrot and celery sticks too	Macaroni Cheese with spinach and salmon fillet	Hot chocolate made with tbspcocoa, milk of your choice and small amount of sweetener ;)
Omelette with smoked salmon and onions with Detox Shot	Quinoa, fennel and Feta Salad with 2 hard boiled eggs	<u>Slow Cooked Red Lentil Curry</u> with cauliflower rice	
Organic greek/coconut yogurt topped with walnuts and banana	Shop bought soup – check ingredients and aim for ones with protein!! <i>Covenant Garden, Soupalicious, Yorkshire Provence have good options</i>	Macaroni Cheese with spinach and salmon fillet	
Scrambled eggs, smoked salmon, avo and spinach	Chicken Soup with veggies crudités & handful almonds	<u>Sweet Potato & Cabbage Hash Recipe</u> OR Leftovers	



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 soda bread](#) then store slices in the freezer for when you need speedy toast?



'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.

Remember getting it done in one or two batch in a week means you don't have to worry about it the rest of the week.

This is based on the above meal plan so adjust to your preference.

Time	<i>Action – I recommend putting chicken in slow cooker and cooking overnight OR putting it on in morning and doing batch cooking session in afternoon – if using chicken</i>
10.00-10.45am	Strip chicken of meat and put bones in pan for broth to make soup with the next day. Chop and boil the cauliflower for 15-20 mins – place 4 eggs in the pan to hard boil them for snacks/lunches during week. Meanwhile make the Maca Oat Bake and Chocolate
10.45-11am	Make cheese sauce for macaroni cheese and allow to cool. Remove Maca Oat Bakes from oven.
<i>Mini clear up – load dishwasher etc</i>	
11.10-11.25pm	Make millet and fennel salad and remove eggs from pan and allow to cool.
11.25-12.00pm	Make fish pie and allow to cool.
Late afternoon/ evening	Fridge cooled food. Strip chicken of meat and place bones in a slow cooker to make broth overnight OR place bones in freezer and wait until you have gathered a lot of bones and batch cook broth in slow cooker over night for 24 hours minimum.

Got questions? Then ask away over at the [Facebook page!](#)