February's
7 Day Meal Plan

This month the focus is on comforting nourishing meals – so that we can comfort eat in style and in a healthy way.

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 large amounts, adjust to your own quantities

Be the Bold Beautiful YOU!

Kezia xxx

Breakfast	Lunch	Dinner	Snacks/ treats
X2-3 Scrambled eggs with cooked spinach and smoked salmon	**Super Soup** with some cheese slices wrapped in ham or topped with chicken or pumpkin seeds	*BA* **Speedy Chilli** with roasted sweet potato *(make an extra sweet potato for lunch next day)*	Aim for 1-2 a day and use common sense... I.e *don't just eat oat bakes all day as a snack !?* Small square of **Pumpkin & Choc Chip Bars** ½ of any of the green smoothie recipes Cacao booster shake Carrot batons with tsp of peanut/almond butte Hot chocolate made with tbsp cocoa, milk of your choice and small amount of sweetener ;) Avocado mushed onto 2 rice cakes with pinch of salt
X2 boiled eggs with small glass of smoothie of choice	**Leftover Chilli** with baked sweet potato	**Butternut & Mushrooms Curry** served cauliflower rice or normal rice	
Smoothie of choice *Make sure there is some added fat and protein!*)	**Detox Dressing & Green leafy salad** with 2 hard boiled eggs and/or chicken breast slices	**Cottage Pie** *(From December's Recipe Bundle)*	
Organic greek yogurt, with berries and pumpkin seeds	**Detox Dressing & Green Salad** with 2 hard boiled eggs and/or chicken breast slices	**Speedy Chilli with guacamole and salsa** and some roasted veggies	
Omelette with smoked salmon and onions	**Super Soup** with some cheese slices wrapped in ham or topped with chicken or pumpkin seeds	**Thai Beef Slow Cooker Stew** OR **Indian Butternut Stew**	
Smoothie of choice	**Leftovers** – either chilli or curry	**Sweet potato chips, fried eggs,** GF/veggies sausages with some peas and organic/homemade mayo	
Waffles! *With organic bacon, mushrooms and cooked veggies of choice*	**Baked butternut squash pieces** drizzled with almond butter, olive oil and feta cheese with some leafy greens	Leftovers	

Tips

- Don't feel like your 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 resource 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?
- Or pick your favourite recipe from this or other bundles and double the amount you make.

'Sunday' Batch 2 Hour Cooking Flow

Taking 2 hours out to batch cook saves you so much time and sets you up to success for the rest of the week.

Remember getting a bulk of the cooking, chopping and decision making done once or twice a week makes it so much easier and less stressful the rest of the time.

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

Time	*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*
10.00-10.45am	Start making BULK chilli. Whilst that is cooking the chilli, make the dressing in the blender and put all the soup ingredients in a pot and bring that to boil. Remove chilli from heat and blend soup.
10.45-11.30am	Make curry. Whilst cooking blend everything for the Avocado Fudge slices or Pumpkin bars and put in oven or in fridge to set.
Mini clear up – load dishwasher etc	
11.10-11.45am	Tidy up and store food appropriately. Remove brownies from oven if making. Take time to meal plan, do online shop and ensure you have lunch, breakfast and snacks all accounted for if you are adjusting the plan above.

Got questions? Then ask away over at the Facebook page!