



MARCH'S 7 Day Meal Plan

This month the the meal plan is focusing all on energising foods.

And often a secret to happy energy is happy blood sugar levels, Which means eating good amounts of fat and protein along with carbohydrates too. Plus we NEED to eat breakfast – skipping breakfast (unless intentionally fasting) can mess up blood sugar and energy all day long!

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 Poached Egg on buckwheat bread with spinach	Lettuce wraps Wrap up ham or chicken, cheese or walnuts and other veg in wraps and dip in hummus.	Roasted chicken/meat of choice OR <u>Paleo Nut Roast</u> served with LOTS roasted veggies	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>
GF Porridge made with chia seeds and coconut milk and cinnamon	Satay Dressing & Green leafy salad with leftover chicken and/or slices of nut roast and pumpkin seeds	<i>BA</i> Slow Cooked Ratatouille with leftover chicken and/or quinoa cooked in broth <i>(make extra quinoa for lunch next day)</i>	Some homemade <u>turmeric gummy sweets</u> ½ of any of the green smoothie recipes
Superfood Smoothie <i>or whatever you fancy!</i>	Slow Cooked Ratatouille & Quinoa with handful grated cheese (optional)	Fish & Chips served with peas or any other veg you like	Choc-chip muffin! Carrot batons with tsp of peanut/almond butte
Organic natural/coconut yogurt , with banana, walnuts and drizzle maple syrup	Baked Sweet Potato '4-ways' – pick topping you fancy and serve with a side salad	Chicken/tempeh stir fry drizzled with satay dressing after cooking!	Small handful of cashews
Omelette with smoked salmon and onions	Satay Dressing & Green leafy salad with leftover chicken and/or hard boiled eggs and pumpkin seeds	<u>Wild Mushroom and Tarragon Paleo Risotto</u> served with a side salad	Avocado mashed onto 2 rice cakes with pinch of salt and drizzle of almond butter Cups of homemade chicken broth.
Small glass of smoothie of choice & eggs & bacon!	Baked Sweet Potato '4-ways' – pick topping you fancy and serve with a side salad	<i>BA</i> Speedy Chilli with guacamole and salsa and some roasted veggies <i>(Feb bundle – freeze leftovers)</i>	
<u>Waffles!</u> <i>With organic bacon, mushrooms and cooked veggies of choice</i>	Baked butternut squash pieces drizzled with almond butter, olive oil and feta cheese with some leafy greens	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 [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	
10.00-10.45am	Put ratatouille onto cook in slow cooker. Make a batch of buckwheat bread if using. Blend a batch of salad dressing
10.45-11.30am	Roast sweet potatoes for 25 mins in oven so you can easily reheat. Make batch of gummies or muffins for snacks.
<i>Mini clear up – load dishwasher. Turn off slow cooker after 5-8 hours and allow to cook.</i>	
First day of meal plan	Cook the chicken (if using) but ensure leftovers. Use bones to make broth and cook this overnight in slow cooker. Store leftover chicken in fridge for speedy lunches.

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