



April's 7 Day Meal Plan

This month the meal plan is focusing on being grain free – ohhhhhh.

And the secret to making any dietary change is all in the planning. So if you do want to experiment with being grain free then planning is key.

As always 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 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	Butternut & Feta Salad Served with mackerel or hummus.	Roasted chicken/meat of choice OR <u>Stuffed Roasted Onions</u> <i>(use ground almonds instead of bread crumbs)</i> served with LOTS roasted veggies	Aim for 1-2 a day and use common sense... Avocado pots – Amy's recipes ½ of any of the green smoothie recipes
Gingerbread smoothie	Shop bought soup (<i>just check ingredients</i>) with <i>dough balls</i>	BA Satay Stir Fry with leftover chicken and/or salmon. <i>(save extra satay sauce)</i>	Carob truffles -- Amy's recipes
<u>Chia Breakfast Pudding</u>	Baked sweet potato served with almond butter and large salad	Butter Chicken/Tempeh served with <u>cauliflower rice</u>	Small handful of cashews Chai tea – Amy's recipes
Organic natural/coconut yogurt , with banana, walnuts and drizzle maple syrup	Butternut & Feta Salad Served with mackerel or hummus.	Satay Stir Fry with salmon or tempeh.	Cups of homemade chicken broth.
½ Mango Turmeric Smoothie with 2 <i>hard boiled</i> eggs	Butter Chicken/Tempeh leftovers	<u>Morocan Lentil Stew</u> served with Dough Balls	Tamari Trail mix
Eggs, bacon, mushrooms and avocado!	Omelette with mushrooms, cheese (optional) and side salad.	<u>Salmon fish cake</u> or <u>Veggie Burgers</u> with sweet potato chips and salad	
<u>Waffles!</u> <i>With organic bacon, mushrooms and cooked veggies of choice</i>	Shop bought soup (<i>just check ingredients</i>) with <i>dough balls</i>	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	Make a batch of buckwheat soda bread . Blend up satay sauce.
10.45-11.30am	Roast butternut once bread is out oven. Make a snack – carob truffles or avocado pots. Make the tamari trail mix.
<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!](#)