



# May's 7 Day Meal Plan

This month we have a special guest, health and wellness writer and recipe expert Jemma from [Celery & Cupcakes!](#)

All these recipes are created by her for the Clubhouse and look for one YUMMY week!

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 if 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
<b>Pina Colada Chia Pudding</b> (made with berries instead of pineapple)	<b>Rice cakes topped with mackerel</b> , slices of tomatoes, ½ avocado and pinch of salt	<b>Quinoa, Cauliflower &amp; Butternut Squash Curry</b> served with LOTS roasted veggies <i>BA</i>	Aim for 1-2 a day and use common sense...  Chia pudding
<b>Turmeric &amp; Coconut smoothie</b> and 1-2 boiled eggs	<b>2-4 Red Pepper, Spinach &amp; Feta Muffins'</b> served with a large salad and olive oil	<b>Chick pea &amp; Sweet Potato Hash</b> with 1-2 eggs each	½ of any of the green smoothie recipes  Small handful of cashews
<b>Pina Colada Chia Pudding</b>	<b>Shop bought soup</b> ( <i>just check ingredients</i> ) with x2 boiled eggs	<b>Korean Beef Bibimbap</b> served with <a href="#">cauliflower rice</a>	Peanut butter truffle
<b>Organic natural/coconut yogurt</b> , with banana, walnuts and drizzle maple syrup	<b>Baked sweet potato served with almond butter</b> and large salad	<b>Quinoa, Cauliflower &amp; Butternut Squash Curry</b> served with LOTS roasted veggies ( <i>leftovers</i> )	Cups of homemade chicken broth.  Tamari Trail mix  Hard boiled eggs
½ <b>Mango Turmeric Smoothie</b> with 2 hard boiled eggs	<b>2-4 Red Pepper, Spinach &amp; Feta Muffins'</b> served with a large salad and olive oil	<b><a href="#">Fig, Goats Cheese &amp; Basil Salad</a></b> served with some salmon/chicken/fried tempeh	
<b>Vitamin C Boosting Smoothie</b>	<b>Omelette blue cheese, asparagus</b> and strawberry and spinach side salad.	<b><a href="#">Courgette Cheesy Fritters</a></b> with sweet potato fries and salad	
<b>Scrambled eggs, avocado, mushrooms and smoked salmon</b>	<b>Shop bought soup</b> ( <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?
- Its often take no more time to double up a recipe and then that mean you can cook less or fill up your freezer for busy week!

## '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	Hard boil 3-5 eggs for snacks, lunches and speedy breakfasts! Make the quinoa and butternut curry to be reheated during the week – ideally double the recipe to use for a few meals and to freeze. Put a batch of bone on for bone broth – optional.
10.45-11.15am	Make peanut butter truffles
<i>Mini clear up – load dishwasher. Turn off slow cooke after 5-8 hours and allow to cook.</i>	
11.15 -12pm	Make feta muffins and chop some carrots/celery/peppers to snack on during the week Clear up!

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