

# Week 3

Breakfast	Lunch	Dinner	Snacks/ treats
<b>Gingerbread Smoothie</b>	<b>Kale &amp; Quinoa Salad</b> with hard boiled eggs, pumpkin seeds and/or feta cubes	<i>BA - Slow cooked...</i> <b>Beef Cardamon Curry</b> with some cauliflower rice, normal rice or cooked vegetables	Aim for 1-2 a day and use common sense... <i>l.e don't just eat torte all day as a snack !?</i>
<b>Tropical Turmeric Mango Smoothie</b>	<b>Baked Sweet Potato with Moroccan hummus</b> and side salad	<i>BA – Cottage Pie</i> served with cooked peas	Nakd bar!  ½ of any of the green smoothie recipes
<b>Chocolate Pudding Smoothie</b>	<b>Linseed Flatbread</b> and <b>Moroccan Hummus</b> with tomato, cucumber and carrots sticks	<b>Beef Cardamon Curry - leftovers</b> with mashed sweet potatoes	Gingerbread square
<b>Tropical Turmeric Mango Smoothie</b>	<b>Kale &amp; Quinoa Salad</b> with hard boiled eggs, pumpkin seeds and/or feta cubes	<b>Chorizo/Mushroom/ Prawn Risotto</b> served basic spinach, cucumber and tomato dressed in olive oil	Carrot batons with tsp of peanut/almond butter  Green or black olives
<b>Gingerbread Smoothie</b>	<b>Linseed Flatbread</b> and <b>Moroccan Hummus</b> with tomato, cucumber and carrots sticks	<b><u>One Pan Cranberry Balsamic Roasted Chicken</u></b> OR <b><u>Spanish Chickpea and Spinach Stew</u></b> <i>served with roasted vegetables</i>	Hot chocolate made with tbsp cocoa, milk of your choice and small amount of sweetener ;)  85% dark chocolate
<b>2 rashes of bacon, 2 poached eggs</b> with portobello mushrooms and/or avocado and <a href="#">pancakes</a> .	<b>A huge green salad</b> topped with mackerel or salmon fillet, walnuts, balsamic, pumpkin seeds and roasted butternut	<i>BA – Cottage Pie</i> served with cooked peas	A natural/unflavoured coconut yogurt with blueberries
<b>X2-3 Hard boiled eggs</b> with asparagus and slices of <b>Linseed Flatbread</b>	Shop bought soup ( <i>check ingredients</i> ) or whip up a quick <b>Pea and Coconut Soup</b> and serve with carrot 'croutons'	<b>Satay Stir Fry</b> with ready made stir fry veggies and chicken/prawn/tempeh	