



4. The Meal Plans

Now it is time to follow the Fat Burning Profiles!

Pick the meal plan according to your profile.

Bold are those in recipe ebook and **Pink** is a recipe via link provided.
BA = BULK ALERT - To let you know to make double and keep some for lunch/weekend



The Balancer Meal Plan

Breakfast	Lunch	Dinner	Snacks/ treats
Peanut Butter & Jelly Smoothie	Pea & Coconut soup with carrot batons in it. <i>(make a double batch while your at it)</i>	<i>BA</i> Fish Pie & roasted veg OR Lentil Madras both served with roast sweet potato or rice	Aim for 1-2 a day and use common sense... <i>I.e don't just eat cheese cake all day as a snack !?</i>
x2-3 Poached eggs , smoked salmon and cooked mushrooms	Feta & butternut salad with pumpkin seeds and small pot of coconut yogurt	Speedy Pesto topped with poached egg or cod fillet and salad on the side.	A slice chocolate cheesecake!
Chocolate Chunky Monkey Smoothie	Tinned mackerel or boiled eggs, avocado, pine nuts served with kale and quinoa salad	Fresh Salmon fillet or Tempeh with Satay Stir Fry sauce and veg	½ of any of the green smoothie recipes
Supercharged Porridge topped with berries	Feta & butternut salad with pumpkin seeds and pesto dressing and small pot of natural greek or coconut yogurt	Leftover Fish Pie with cooked peas or salad	Chocolate & ginger energy bite square
Chocolate Chia Pudding topped with slices of banana	Pea & Coconut soup with carrot batons in it. <i>(make a double batch while your at it)</i>	Baked Lentil & Butternut Curry <i>(you could do this in slow cooker too and ideally make in bulk!)</i>	Chopped apple with tsp of peanut/almond butter
2 rashers of bacon, 2 poached eggs with portobello mushrooms and/or avocado	Leftovers from weeks dinners OR Omelette made with goats cheese, spinach, onions and ½ green smoothie	Pizza Night! <u>Make my pizza base</u> and top with you fav toppings. Serve with big green salad	Carrots & hummus
Organic yogurt or coconut yogurt topped with walnuts, banana and cinnamon	Pea & Coconut soup with a slice of bread/ toast of your choice!	Slow cooked chicken* or grilled halloumi slices served with TONS of mixed roasted veggies with left over pesto or satay sauce from week.	Small pot of organic yogurt Hot chocolate made with tbsp cocoa, milk of your choice and small amount of sweetener ;)



**to slow cook a whole chicken simply place the seasoned chicken in a slow cooker with about 2-300ml of hot water in it, a few chopped onions and cloves of garlic and cook for 3-6 hours.*



The Healing Extreme Meal Plan

Breakfast	Lunch	Dinner	Snacks/ treats
x2-3 eggs, bacons, mushrooms and avocado	Cauliflower soup with linseed bread <i>(make a double batch while your at it)</i>	<i>BA</i> Fish Pie & roasted veg	Aim for 1-2 a day and use common sense... guacamole and celery / pepper cup of cauliflower soup Celery with tsp of almond butter Small pot of coconut yogurt Hot chocolate made with tbsp cocoa, milk of your choice and small amount of stevia ;)) Coconut cream topped with blue berries
Chocolate Chia Pudding topped with a handful blueberries	Large salad with a fillet of salmon and whole avocado and Detox Dressing	Speedy Pesto topped with poached egg or cod fillet and salad on the side.	
Omelette with onion, mushroom and smoked salmon	Tinned mackerel or boiled eggs, avocado, pine nuts served with roasted cauliflower	Fresh Salmon fillet or Tempeh with Satay Stir Fry sauce and veg	
Smoothie - made from a can coconut milk, tbsp chia seeds, 2 tsp cocoa, tbsp almond butter	Large salad with a fillet of salmon and whole avocado and Detox Dressing	Leftover Fish Pie with cooked peas or salad	
Chocolate Chia Pudding topped with a handful blueberries	Linseed Bread toast topped with avocado and salt	Handmade Beef Burgers , with 1 Min Mayo , in lettuce buns with avocado and bacon	
2 rashers of bacon, 2 poached eggs with portobello mushrooms and/or avocado	Leftovers from weeks dinners OR	GF sausages with roasted courgette, aubergine and broccoli with Mayo	
Organic yogurt or coconut yogurt topped with walnuts, 1/4 banana and cinnamon	Cauliflower soup with linseed bread <i>(make a double batch while your at it)</i>	Slow cooked chicken* or grilled halloumi slices served with TONS of mixed roasted veggies with left over pesto or satay sauce from week.	