



5. The Meal Plans

Pick the meal plan according to your profile.

And remember to just keep on going.

Every meal, day and snack is a fresh start.

And take the time to CELEBRATE how far you have come.

Being perfect doesn't matter here, it's all about PROGRESS!

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
Mexican Breakfast Wraps	Butternut squash and Chilli Soup with carrot batons in it. <i>(make a double batch while your at it)</i>	Fish Fingers & Chips with lots of roasted veg and side salad <i>(Substitute the fish for a section of tempeh for veggie option)</i>	Aim for 1-2 a day and use common sense... <i>l.e don't just eat cheese cake all day as a snack !?</i>
x2-3 Poached eggs, smoked salmon and cooked mushrooms	Linseed Bread/toast topped with avocado and sea salt	Slow cooked Ratatouille served in a bowl with optional chicken/fish pieces <i>BA</i>	Chewy Chia Choc Cookie ½ of any of the green smoothie recipes
Chocolate Power Smoothie	Shop bought soup or salad for a speedy lunch <i>(M&S, Pret a Manger are my favs for shop bought lunch)</i>	Sausage Casserole and Mash served with lots of steamed broccoli with ghee <i>BA</i>	A cup of soup Chopped apple with tsp of peanut/almond butter
Coconut yogurt topped with berries, and almond butter	Big Salad with Satay Coriander Dressing and cooked salmon, hard boiled eggs and/ or walnut	Leftover Slow cooked Ratatouille served with poached eggs and Buckwheat toast	Small pot of organic yogurt
Chocolate Chia Pudding topped with slices of banana	Butternut squash and Chilli Soup with carrot batons in it, with a slice of linseed toast	Tempeh Beetroot Burgers Or Flourishing Beef Burgers in lettuce buns, served with homemade chips and 1 min Mayo	A cup of bone broth with extra salt and coconut oil <i>(better than it sounds)</i>
Grain - Free Crepes with bacon/ almond butter and banana slices	x2-3 poached eggs on linseed toast with avocado	Brown Rice GF Pasta with Pesto and lots of added roasted aubergine, cauliflower and onions	
Organic yogurt or coconut yogurt topped with walnuts, banana and cinnamon	Big Salad with Satay Coriander Dressing and cooked salmon, hard boiled eggs and/ or walnut	Slow cooked Beef Brisket with tangy tomato sauce or Paleo Nut Roast served with TONS of mixed roasted veggies	



The Healing Extreme Meal Plan

Breakfast	Lunch	Dinner	Snacks/ treats
Mexican Breakfast Wraps	Chicken Broth Soup with carrot batons in it. <i>(make a double batch while your at it)</i>	Fish Fingers with lots of roasted cauliflower, aubergine, onion and mushrooms and side salad <i>(Substitute the fish for a section of tempeh for veggie option)</i>	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	Linseed Bread/toast topped with avocado and sea salt	Slow cooked Ratatouille served in a bowl with optional chicken/fish pieces BA	
Chocolate Power Smoothie	Shop bought soup or salad for a speedy lunch <i>(M&S, Pret a Manger are my favs for shop bought lunch)</i>	Sausage Casserole and 'mashed' cauliflower served with lots of steamed broccoli with ghee BA	Breakfast Cocoa A cup of soup
Coconut yogurt topped with berries, and almond butter	Big Salad with Satay Coriander Dressing and cooked salmon, hard boiled eggs and/ or walnut	Leftover Slow cooked Ratatouille served with poached eggs	Celery with tsp of peanut/almond butter 2 squares of 85% dark chocolate
Chocolate Chia Pudding topped with slices of banana	Chicken Broth Soup with a 1-2 slices of linseed toast	Tempeh Beetroot Burgers Or Flourishing Beef Burgers in lettuce buns, served with homemade chips and LOTS of 1 Min Mayo	A cup of bone broth with extra salt and coconut oil <i>(better than it sounds)</i>
Grain - Free Crepes with bacon/ almond butter and banana slices	x2-3 poached eggs on linseed toast with avocado	Spiralised Cougette with Pesto and lots of added roasted aubergine, cauliflower and onions	
Organic yogurt or coconut yogurt topped with walnuts, banana and cinnamon	Big Salad with Satay Coriander Dressing and cooked salmon, hard boiled eggs and/ or walnut	Slow cooked Beef Brisket with tangy tomato sauce or Paleo Nut Roast served with TONS of mixed roasted veggies	