



## BONUS Meal Plan

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
<b>Supercharged Chia Porridge</b>	Slice <b>sweet potato quiche</b> with a large salad	<b>Sunshine Dal</b> with cauliflower rice <i>BA</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>
<b><u>Turmeric &amp; Mango Smoothie</u></b>	<b>Millet &amp; Fennel Salad</b> with added salmon	Lots of roasted veggies, salmon fillet, <b>1 min mayo</b> , and some <b>Pesto sauce</b>	
<b>Supercharged Chia Porridge</b>	<b>Creamy Cauliflower Soup</b> served with <b>linseed flatbread</b>	<b>Indian Takeaway</b> ( <i>often the 'healthiest' option</i> ) or another convenience food for a busy day ;) <i>Don't forget to add extra veggies!</i>	<b>Instant chocolate ice cream</b>
<b>Chocolate Chia Pudding</b> topped with blueberries	Slice <b>sweet potato quiche</b> with a large salad	<b>Macaroni Cheese</b> served with lost of salad or roasted veggies	½ of any of the green smoothie recipes
<b>Cinnamon &amp; Maple Granola</b> with coconut yoghurt	<b>Pea &amp; Coconut Soup</b> with some <b>Buckwheat toast</b>	<b>Sunshine Dal</b> with cauliflower rice <i>BA</i>	A cup of soup  Celery with tsp of peanut/ almond butter
<b><u>Turmeric &amp; Mango Smoothie</u></b>	<b>Millet &amp; Fennel Salad</b> with added salmon	<b>Tempeh Beetroot Burgers</b> served with chips and salad	A cup of bone broth with extra salt and coconut oil <i>(better than it sounds)</i>
Bacon, eggs, avocado, spinach and mushrooms	Slice <b>sweet potato quiche</b> with a large salad	<b>Macaroni Cheese</b> served with lost of salad or roasted veggies	



# The Healing Extreme Meal Plan

Breakfast	Lunch	Dinner	Snacks/ treats
Soft boiled eggs with cooked asparagus and a coffee with butter and vanilla powder blended in it	<b>Linseed bread</b> with slices of ham, sauerkraut and olives	<b>Butter Chicken/Tempeh Curry</b> BA	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>
<b>Chocolate Power Smoothie</b>	Large salad with 3 hard boiled eggs and <b>Detox Dressing</b>	Lots of roasted veggies, salmon fillet, <b>1 min mayo</b> , and some <b>Pesto sauce</b>	<b>Coconut Chocolate Fudge</b>
Omelette with mushrooms, spinach and goat cheese	<b>Creamy Cauliflower Soup</b> served with <b>linseed flatbread</b>	<b>Indian Takeaway</b> ( <i>often the 'healthiest' option</i> ) or another convenience food for a busy day ;) <i>Don't forget to add extra veggies!</i>	½ of any of the green smoothie recipes  A cup of soup
<b>Chocolate Chia Pudding</b> topped with blueberries	Slice <b>sweet potato quiche</b> with a large salad	<b>Fat Busting Stir Fry</b> with prawns/chicken/tempeh	Celery with tsp of peanut/almond butter
<b>Chocolate Power Smoothie</b>	<b>Pea &amp; Coconut Soup</b> with some <b>Linseed Bread</b>	<b>Butter Chicken/Tempeh Curry</b> BA	1-2 Square of 85% dark chocolate
<b>Linseed Bread</b> topped with sunflower seed butter and salt	<b>Mackerel pate</b> with carrot sticks and bowl of soup	<b>Flourishing Beef Burgers</b> served with guacamole, bacon, egg and salad	Smoked Paprika Chips  A cup of bone broth with extra salt and coconut oil ( <i>better than it sounds</i> )
Bacon, eggs, avocado, spinach and mushrooms	Slice <b>sweet potato quiche</b> with a large salad	<b>Meatballs and veggies spaghetti</b> Or <b>Slow cooked Ratatouille</b>	