

How she does it

LIVE LIFE EMPOWERED

WEEKLY MEAL PLANNER

Monday

- B** Toast with banana, ricotta and cinnamon
L Chicken and roast veggie salad
D Curried Cauli Soup with bread
Snacks Air popped popcorn – large handful
Apple slices with nut butter

TUESDAY

- B** Toast with avo, tomato and pepper
L Curried Cauli Soup
D Grilled lamb chops, sweet potato
mash and broccolini
Snacks Tuna with rice crackers

WEDNESDAY

- B** Toast with banana, ricotta and cinnamon
L Chicken and roast veggie salad
D Panko crumbed fish with baked sweet
potato chips, simple baby spinach + feta salad
with lemon slice
Snacks Air popped popcorn – large handful
Apple slices with nut butter

THURSDAY

- B** Toast with banana, ricotta and cinnamon
L Tuna + mashed avo with crackers
D 'Baked Beans' on toast
Snacks Air popped popcorn – large handful
Apple slices with nut butter

FRIDAY

- B** Toast with banana, ricotta and cinnamon
L Leftover baked beans on toast
D Steak with veggie stack + grilled haloumi
Snacks Latte

SHOPPING LIST

FRUIT & VEG

Bananas
Zucchini x 2
Sweet potato x 3
Brussels sprouts
Apples
Avocado x 2
Tomato
Broccolini
Baby spinach
Lemon
Capsicum
Eggplant
Celery
Garlic
Onion
Large Cauliflower
Parsley

MEAT

Chicken breast 600g
Lamb chops
White fish of choice
Steak
4 Rashers bacon

DAIRY

Ricotta
Feta
Haloumi

GRAINS/ SEEDS/ NUTS

Good quality bread

OTHER

Cinnamon
Air popped popcorn
Natural nut butter
Small tin flavored tuna x 3
Wholegrain rice crackers
Panko crumbs
2 x tins butter beans
2 x tins cannellini beans
1 x tin borlotti beans
1 x tin red kidney beans
Soy sauce
Balsamic vinegar
Honey
Olive oil
Cumin
3 cups low sodium chicken
stock
Ground coriander
Turmeric
Coconut milk
Roasted cashews

Recipes and Tips

- **SUNDAY** – chop 1 zucchini and 1 sweet potato in to cubes, cut Brussels sprouts in half – drizzle with olive oil and roast in oven until cooked. At the same time season chicken breast and bake in oven for 20 mins. Portion out for lunches and pop in container in fridge with a handful of baby spinach.
- Sweet potato chips – cut sweet potato in to strips, coat with oil (I use coconut oil), paprika, salt and pepper. Bake in oven a 200 degrees until brown.
- Sam's Baked Beans
- Paleo curried cauli soup
- Steak with veggie stack and grilled haloumi – bake sliced eggplant, capsicum, zucchini (seasoned with salt, pepper and paprika) in oven for 20 mins at 180 deg or until cooked. Fry steak and haloumi in pan with a little olive oil. Stack and serve.

