

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Quinoa flake (½ cup) porridge with almond milk, ground cinnamon, sprinkle with sunflower seeds and pepitas, 2 chopped brazil nuts	Berry smoothie (½ cup of mixed frozen berries) with coconut water, 5 almonds, 5 walnuts, 3 tbs hemp seeds, protein powder if desired	Quinoa flake (½ cup) porridge with almond milk, ground cinnamon, sprinkle with sunflower seeds and pepitas, 2 chopped brazil nuts	Berry smoothie (½ cup of mixed frozen berries) with coconut water, 5 almonds, 5 walnuts, 3 tbs hemp seeds, protein powder if desired	Quinoa flake (½ cup) porridge with almond milk, ground cinnamon, sprinkle with sunflower seeds and pepitas, 2 chopped brazil nuts	Buckwheat pancakes (½ cup of buckwheat flour), ¾ cup water, 1 teaspoon of baking powder, 1 teaspoon of apple cider vinegar. Serve with crushed walnuts and strawberry compote (done with coconut sugar and lemon juice)	Berry smoothie (½ cup of mixed frozen berries) with coconut water, 5 almonds, 5 walnuts, 3 tbs hemp seeds, protein powder if desired
Lunch	70g chicken with raw salad with mixed lettuce leaves, cucumber, tomatoes, avocado	Rocket and shaved fennel salad, dill, ½ cup cooked french lentils, olive oil and lemon	Coleslaw with ½ grated apple, shredded green and red cabbage, ¼ red onion, ½ grated carrot, shallots, 100g tofu lightly pan fried, dressing: 3	70g chicken with raw salad with mixed lettuce leaves, cucumber, tomatoes, avocado	Rocket and shaved fennel salad, dill, ½ cup cooked french lentils, olive oil and lemon	Coleslaw with ½ grated apple, shredded green and red cabbage, ¼ red onion, ½ grated carrot, shallots, 100g tofu lightly pan fried, dressing: 3	Nori rolls filled with tuna, lettuce, cucumber, alfalfa, avocado, mayo dressing

			tbs tahini, 1 tbs lemon juice, 2 tbs coconut aminos, add water to desired consistency			tbs tahini, 1 tbs lemon juice, 2 tbs coconut aminos, add water to desired consistency	
Dinner	Fish of your choice with steamed asparagus, brussels sprouts, string beans	Asian green stir fry (bok choy, choy sum, bitter melon, broccoli, zucchini) stir fried in sesame oil with tamari sauce and 1/3 packet tempeh thinly sliced and lightly pan fried until golden brown	Daal- 1/2 cup of red lentils cooked in 1/2 can diced tomato, 1/2 can coconut milk, naturata vegetable stock, grated ginger, add low GI vegetables of choice. Add water when cooking	Nori rolls filled with tuna, lettuce, cucumber, alfalfa, avocado, mayo dressing	Asian green stir fry (bok choy, choy sum, bitter melon, broccoli, zucchini) stir fried in sesame oil with tamari sauce and 1/3 packet tempeh thinly sliced and lightly pan fried until golden brown	Oven baked salmon with steamed asparagus, brussels sprouts, string beans	Daal- 1/2 cup of red lentils cooked in 1/2 can diced tomato, 1/2 can coconut milk, naturata vegetable stock, lots of grated ginger, Add water when cooking
Snacks	Chia seed pudding (serves approx 4). 6 tbs black chia seeds, 2 cups light coconut milk, 1 tbs maple syrup,	Chia seed pudding topped with 1/2 fresh mango	Chia seed pudding topped with 1 nectarine	Chia seed pudding topped with 1/2 mango	Chia seed pudding topped with 1 apricot	Chia seed pudding topped with 1 peach	Chia seed pudding topped with 1 nectarine

	½ tsp cinnamon. Topped with 1 fresh peach						
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Dinners and lunches can be swapped around

Breakfast and snacks can be swapped around

I aim to have the same meal a couple of times during the week to save on shopping and food going to waste

Can prepare some meals at the start of the week and store in the fridge

If you don't like the suggestion, no problem! Just try something else 😊

Having something 'fatty' in the meal makes you feel more satisfied eg avocado, olive oil, nuts and seeds

Dinner no later than 7pm

Snack when you feel the urge to, have it on hand so you don't go out and buy something

Avoid black tea and coffee around meals

Swap one black tea for rooibos tea

Portion size key!

Pantry staples:

Almonds, walnuts, brazil nuts, pepitas, sunflower seeds, hemp seeds, cinnamon, quinoa flakes, almond milk, coconut milk, protein powder, coconut sugar, dried red lentils, dried french lentils, olive oil, apple cider vinegar, mayonnaise, tahini, naturata vegetable stock, tamari (gluten free soy sauce), sesame oil, chia seeds, maple syrup, coconut milk, canned tomatoes, coconut aminos

What I've focused on:

Low glycaemic index foods to help balance blood sugar levels

Foods to help with gut repair and increasing diversity of the good gut microbiome bacteria

Non gluten, dairy, processed sugar foods

Foods specific to what nutritional requirements you need for healthy thyroid function (metabolism): selenium, iodine, iron, tyrosine, vitamin D