

What to Eat

Name: _____

Breakfast

Lunch

Dinner

SUN	BAKED OLIVE OIL, GARLIC & CORIANDER MUSHROOMS ON SOUR DOUGH RYE TOAST GREEN JUICE	LENTILS, CHICKPEAS AND BLACK BEANS WITH VEGETABLES, SPICES & HERBS HOTPOT SLOW-COOKED	GRILLED MACKEREL WITH MASH POTATO. BROCCOLI, SPINACH AND ROASTED RED PEPPERS
MON	SPANISH OMELETTE WITH ONION, POTATO EGGS & HERBS SPRINKLED WITH FETA & HERBS ROASTED CHERRY TOMATOES	ROASTED VEGETABLES WITH HEMP SEED SPRINKLE WITH TAHINI DRESSING	BAKED THYME & OREGANO BARRAMUNDI WITH NEW POTATOES, FRENCH BEANS, ROASTED ZUCCHINI/RED PEPPERS WITH LEMON WEDGE
TUES	PORRIDGE, STEWED APPLES & CINNAMON DOLLOP OF KEFIR. FRESHLY SQUEEZED CARROT & GINGER JUICE	LENTILS, CHICKPEAS AND BLACK BEANS WITH VEGTABLES, SPICES & HERBS HOTPOT SLOW-COOKED	GARLIC PRAWNS ON A BED OF GREEN SALAD, OLIVE OIL, LEMON, SPRING ONION, CUCUMBER, FLAT LEAF PARSLEY, PEPPER
WED	POACHED EGG, OLIVE OIL, GRILLED TOMATOES & GARLIC ROSEMARY MUSHROOMS ON RYE SOUR DOUGH BREAD WITH ROCKET	CARROT AND GINGER SOUP. GLUTEN FREE PITTA BREAD WITH HOUMOUS & ROAST VEGETABLES & FLAT LEAF PARSLEY	DI'S JACKET SWEET POTATOES WITH TURKEY MINCE & BEAN CHILLI
THURS	PORRIDGE WITH STEWED APPLES & CINNAMON WITH A DOLLOP OF KEFIR	RATATOUILLE WITH GLUTEN FREE PITTA BREAD HALF A GRAPEFRUIT	LENTILS, CHICKPEAS AND BLACK BEANS WITH VEGTABLES, SPICES & HERBS HOTPOT SLOW-COOKED
FRI	SMASHED AVOCADO ON SOUR DOUGH BREAD WITH CRUMBLED FETA GROUND PEPPER & A SQUEEZE OF FRESH LEMON	WHOLE WHEAT SPAGHETTI WITH SAUCE HALF A GRAPEFRUIT	OVEN BAKED SALMON WITH FRENCH BEANS, OLIVES, ANCHOVIES AND CHERRY TOMATOES, SERVED WITH NEW POTATOES
SAT	PORRIDGE WITH STEWED APPLES & CINNAMON WITH A DOLLOP OF KEFIR. CARROT & GINGER JUICE	JACKET SWEET POTATO WITH GRATED CHEESE/FETA & FINELY CHOPPED GREEN LEAF SALAD	CHICKEN LEGS/BREAST/WINGS ROASTED IN GARLIC, OLIVE OIL, LEMON JUICE, OREGANO, SPRINKLE OF FETA CHEESE & FRESH FLAT LEAF PARSLEY



SNACKS & DRINKS

MONDAY

**AM = 2X CELERY STICKS (THINLY SLICED)
WITH HOUMOUS & 200G BLUENERRIES**
**PM = CEREMONIAL COCOA (PURE BEAN) OR
75% DARK CHOCOLATE (1 SQUARE)
OR HOMEMADE SESAME SNAP**

WEDNESDAY

**AM = 2X CELERY STICKS (THINLY SLICED)
WITH HOUMOUS DIP & 2X KIWI**
**PM = CEREMONIAL COCOA (PURE BEAN) OR
75% DARK CHOCOLATE (1 SQUARE)
OR HOMEMADE SESAME SNAP**

FRIDAY

**AM = 2X CELERY (THINLY SLICED)
WITH HOUMOUS DIP & A BANANA
HANDFUL OF UNSALTED MIX NUTS**
**PM = CEREMONIAL COCOA (PURE BEAN) OR
75% DARK CHOCOLATE (1SQUARE)
OR HOMEMADE SESAME SNAPS**

SUNDAY

**AM = STEWED PEACHES WITH KEFIR
OR NATURAL YOGURT, HONEY DRIZZLE
HALF A SLICED CUCUMBER WITH TZATZIKI DIP**
**PM = CEREMONIAL COCOA (PURE BEAN) OR 75%
DARK OR HOMEMADE SESAME SNAPS**

DRINKS

**3 LITRES PURE FRESH CLEAN WATER = 13 CUPS/DAY
WHICH CAN INCLUDE:**

- DANDILION TEA
- CAMOMILE TEA - DIARRHEA/CALMING/NIGHT
- ROSEHIP TEA - CAN REDUCES FAT CELLS IN THE LIVER/ENERGY
- PEPPERMINT TEA - SOOTH GASTROINTESTINAL/GAS/ACHES
- FRESH GRATED GINGER & SQUEEZED LEMON & HONEY TEA - ANTI-MICROBIAL/GUT
- GREEN TEA - ANTIOXIDANT/DIARRHEA/GAS
- SOUR CHERRY JUICE - RICH ANTIOXIDANT/REDUCE INFLAMMATION/POTASSIUM
- NETTLE TEA - DIGESTION, COLIC, GAS, INDEGESTION, ANTI-INFLAMMATORY

TUESDAY

**AM = 200G BLACKBERRIES.
HANDFUL OF NUTS & SEEDS**
**PM = SAME PM SNACKS & 1X CELERY
& CUCUMBER (THINLY SLICED)
WITH HOUMOUS DIP**

THURSDAY

**AM = 200G STRAWBERRIES.
NUT SPREAD ON SOUR-DOUGH**
**PM = SAME PM SNACKS & 1X CELERY
& CUCUMBER (THINLY SLICED)
WITH HOMOUS DIP**

SATURDAY

**AM = SESAME SEED FALAFELS WITH
HOUMOUS & 3 WEDGES OF
WATERMELON/MELON**
**PM = 1X CELERY WITH TZATZIKI DIP
HANDFUL OF UNSALTED MIX
NUTS**

Recipe Card

**LENTILS, CHICKPEAS AND
BLACK BEANS WITH
VEGETABLES, SPICES
& HERBS HOTPOT
SLOW-COOKED**

RECIPE NAME

Slow Cooker

CUISINE

15 minutes

TIME TO PREPARE

3-4 hours

TIME TO COOK



FREEZE LEFTOVERS!

USE IN A JACKET POTATOE OR ON
RYE BREAD, BLEND INTO A SOUP

INGREDIENTS

4 cups whole lentils (dried, soak overnight)
2 cups chickpeas (dried, soaked overnight)
2 cups black beans (dried, soaked overnight)
8 baby carrots chopped
1 x red or yellow capsicum
4 x cloves of garlic
2 x tablespoons of first pressed olive oil
1 tablespoon of sweet paprika (organic)
1x spoon cinnamon (optional)
1 tablespoon of turmeric (organic & fresh/dried)
1 x large bunch of oregano, chopped/fresh
1 x sprig of rosemary, chopped/fresh
1 x large onion and/or leek
5 x potato chopped into pieces
1 xlitre of homemade bone broth or veg stock

PROCEDURE

- put everything into a slow-cooker and leave on slow (6hrs) or high (3hrs), it's a great meal to make before work & when you get back its done!
- finish with chopped corriander/squeeze lemon.

with chopped fresh coriander and squeeze of lemon over