

Healthy Start

7 DAY MEAL PLAN



Feel great

To help you live and maintain a healthy lifestyle we've put together a 7-day eating plan and guide to kick start your fitness journey.

Feeling great has never tasted so good.

WHAT TO EAT

3 meals a day and 2 snacks if hungry.

There are three main food groups that you should include in each meal. These are Vegetables/Greens, Protein and Fat. This is the basis of a nutritionally complete meal. For weight loss stick to this format for the best results.

FAT

about 2 thumbs of fat per meal such as butter, cheese, cream, coconut oil, avocado, olive oil, avocado oil.

PROTEIN

size of your palm such as fish, beef, pork, lamb, egg, chicken, shellfish.

VEGETABLES/GREENS

1-2 cups of non-starchy vegetables such as spinach, kale, tomato, cabbage, capsicum, broccoli, carrot, cauliflower, zucchini, cucumber, lettuce, corn and green beans.

FRUIT

1 palm size portion per day is recommended for weight loss. This can be included in either a meal, snack or smoothie.

DRINK

Water!! Aim for 2L of water per day. Black coffee and green teas are allowed. Try fresh lemon and/or apple cider vinegar and hot water upon rising. This stimulates the digestive system.

Optional extras (if weightloss is not your main goal)

STARCH BASED VEGETABLES

¼ cup in your meal, especially if training the next day such as kumara, potato, pumpkin, yam, swede.

LEGUMES

¼ of a cup such as chickpeas, lentils, peas, beans.

WHAT NOT TO EAT

All processed foods – if it is in a packet, avoid it.
Avoid all dairy except a small amount of full fat cream, butter or cheese.
Dried fruit.
Roasted salted nuts; eat raw instead.
Grains such as wheat, pasta, oats, rice.
All breads and packaged cereals.
Store bought sauces and mayonnaise, you can make your own.
Sugar including all 'natural' sugars, honey, maple, stevia.
Avoid all sweetened drinks like juice, fizzy etc. Avoid alcohol.

Day One

Breakfast GREENS SMOOTHIE

INGREDIENTS		Serves 1	METHOD
1 cup Spinach	1 cup Kale		Blend all ingredients together and enjoy. This is best to be served immediately.
2 cup Water/Coconut Water	1/2 Avocado		
1 Orange	10 Mint Leaves		
1 Tbsp Chia Seeds	Ice		

Lunch VEGETABLE FRITTATA WITH ROASTIES

INGREDIENTS		Serves 5	METHOD
Frittata	1/4 cup Cream	Herbs	Prepare the filling by cracking the eggs and mix with cream, herbs, mustard, salt and pepper in a bowl. Set aside. Line/grease an ovenproof dish and fill with the frittata fillings: spinach, tomatoes, feta, sundried tomatoes, capsicum, mushrooms, red onion and any other vegetables you would like to add. Pour the egg mixture over the vegetables and bake for 25 minutes until cooked through.
	10 Eggs	1 cup Spinach	
	1/4 block Feta	20 Cherry Tomatoes	
	1 Red Capsicum	4 Portobello Mushrooms	
	1 Red Onion	Salt and Pepper	
	1 Tbsp Mustard	6 Sundried Tomatoes	
Roasties	1 Kumara	2 Carrots	For the roasties, put all the vegetables in a big oven proof dish, drizzle with a little olive oil, herbs, salt and pepper and cook for around 40-60 minutes until soft and caramelised.
	1 Zucchini	1 Onion	
	1 Beetroot		

Dinner BAKED SALMON WITH STIR FRY ASIAN GREENS

INGREDIENTS		Serves 2	METHOD
2 Salmon Fillets	1 Lemon Juiced and Sliced		Heat oven to 200 degrees and line a baking tray with paper. Make a parcel for the salmon fillets with a sheet of tinfoil. Place the salmon in the middle and top with lemon slices, fresh herbs, juice of 1 lemon and salt and pepper. Roll the foil up to the middle to seal. Cook for 12-14 minutes until cooked through. While salmon is cooking, heat olive oil in a pan and add the garlic and chilli and cook for 1-2 minutes. Add the rest of the vegetables and cook for 3-4 minutes until still firm but warmed. Add the sesame oil, sesame seeds and GF soy/tamari sauce and toss to combine.
Fresh Parsley and Thyme	2 Tbsp Sesame Seeds		
Salt and Pepper	2 cloves Garlic		
1 Chilli	1 bunch Bok Choy		
1 bunch Broccolini	15 Snow Peas		
1 Tbsp Sesame Oil	1 Tbsp GF Soy/Tamari		
			Serve the salmon with greens on the side.

Day Two

Breakfast

OVERNIGHT BREAKFAST CHIA

INGREDIENTS		Serves 4	METHOD
2 cups Coconut or Almond Milk	1 tsp Vanilla		<p>Add all ingredients to a big bowl and use a whisk to mix everything together. Put in the fridge to set overnight.</p> <p>You can also add in matcha, acai powder, chopped nuts, cacao powder, passionfruit. Garnish with blueberries, raspberries, coconut yoghurt, peanut butter, sliced banana, strawberries or mango.</p>
1/2 cup Chia Seeds	1/2 tsp Cinnamon		
1/4 cup Shredded Coconut			

Lunch

CHICKEN STIR FRY WITH CAULIFLOWER RICE

INGREDIENTS		Serves 2	METHOD
1 Chicken Breast	1 piece Ginger		<p>Heat a pan with a little olive oil and cook the chicken breast then remove. Add the ginger, garlic, onion and chilli and cook for a minute or two until onion is softening. Add vegetables and saute until they are starting to soften then add back in the chicken, soy/tamari sauce and sesame oil. Cook for a further few minutes until vegetables are soft to your liking and chicken is warmed through. Remove from the heat and add the sesame seeds then cover to keep warm.</p> <p>Make the cauliflower rice by blitzing the cauliflower in a blender until it resembles rice or chop into small pieces with a knife then add fresh herbs.</p> <p>Either serve the cauliflower raw with stir fry on top or you can saute for a couple of minutes in a pan with some olive oil.</p>
1 clove Garlic	1 Chilli		
1 Tbsp GF Soy/Tamari	1 Tbsp Sesame Oil		
1 Tbsp Sesame Seeds	1/2 Onion		
1/2 Capsicum	1/2 Courgette		
1/2 Broccoli	1 cup Spinach		
6 Mushrooms	1/2 Cauliflower		

Dinner

BUNLESS PORK BURGERS AND KUMARA CHIPS

INGREDIENTS		Serves 4	METHOD
500g Pork Mince	1 tin Black Beans		<p>Make patties by combining the pork mince, beans (mashed), red onion, chilli, coriander, egg, almond meal, ground coriander, cumin and paprika. Mix well then shape into patties. Preheat oven to 180 degrees and line two trays with baking paper.</p> <p>Peel the kumara and cut into chip shapes, drizzle with olive oil and sprinkle with salt and pepper. Put in the oven to cook for 45 minutes or until browned but still soft.</p> <p>Once the chips are in the oven, place the burger patties on another tray and put in the oven to bake for 30 minutes.</p> <p>Arrange the burgers by placing the vegetables and burger patties in the lettuce cup, serve with the chips.</p>
1 Red Onion	1 Red Chilli		
1/2 bunch Coriander	1 Egg		
1/2 cup Almond Meal	1 tsp ground Coriander		
1 tsp Cumin	1 tsp Paprika		
1 Iceberg Lettuce	1 Avocado		
2 Tomatoes	1 Carrot		
2 Kumara	Salt and Pepper		

Day Three

Breakfast

GREEN OMELETTE

INGREDIENTS		Serves 1	METHOD
2 Eggs	1/4 cup Cream		Heat your oven to 160 degrees on grill mode. Whisk the eggs, cream, pesto and salt and pepper together in a bowl and then set aside. Heat a frypan then add a tsp of oil and once hot add the vegetables. Saute the vegetables for 2 minutes or until warmed through and getting soft but not cooked all the way through. Add the egg mixture and sprinkle over the feta cheese. Put in the oven to grill for 6-10 minutes until cooked through. Turn out onto a plate and enjoy.
1 Tbsp Pesto	1 cup Broccoli		
1 Zucchini	8 Cherry Tomatoes		
2 Tbsp Feta	Salt and Pepper		

Lunch

PRAWN SALAD WITH ASIAN DRESSING

INGREDIENTS		Serves 2	METHOD
20 Prawn Cutlets	1 Tbsp Butter		Assemble salad by adding zucchini, carrot, cucumber, chilli, bean sprouts, basil, coriander leaves, mint, and cashews to a bowl and toss together. Next make the dressing by adding lemon grass, fish sauce, lemon juice, chilli and garlic to a jar and giving a good shake. Empty the dressing over the salad and toss to coat all the leaves. Make a garlic butter paste by mixing together the garlic and butter and set aside. Heat the garlic butter in a pan and when it's melted add the prawns and cook for 2-3 minutes each side or until cooked through. Serve the salad on a plate and top with the cooked prawns.
1 clove of Garlic	1 Zucchini		
1 Carrot	1 small Cucumber		
1 Red Chilli	1 cup Bean Sprouts		
1/4 cup Basil	1/4 cup Coriander		
1/4 cup Mint	1/4 cup Cashew Nuts		
1 stick Lemongrass	2 Tbsp Fish Sauce		
1/3 cup Lemon Juice	1 Chilli		
1 clove Garlic			

Dinner

STUFFED CHICKEN BREAST WITH GARDEN SALAD

INGREDIENTS		Serves 2	METHOD
2 Chicken Breasts	1 cup cooked Spinach		Preheat oven to 180 degrees and line a baking tray. In a bowl mix together stuffing by combining spinach, feta, tomatoes, capers and olives. Take the chicken breasts and slice in half taking care to make sure you don't cut the whole way through and they are still attached on one side. Add the filling to the middle of the breasts and close again, cook in the oven for 20-25 minutes until cooked through. In the meantime, assemble salad by combining all ingredients together in the bowl and giving it a toss.
1/4 cup Feta	6 Sundried Tomatoes		
1 cup Salad Greens	8 Cherry Tomatoes		
1 Carrot	1/2 Red Onion		
1/4 Capsicum	1/2 Avocado		
Capers	Olives		

Day Four

Breakfast TROPICAL SMOOTHIE

INGREDIENTS		Serves 1	METHOD
1 cup Water	1 cup Coconut Water		Combine fruits, water and blend until smooth. Next add LSA and ice and blend again until creamy and smooth.
1/2 cup Frozen Mango	1/2 cup Pineapple		
1 Tbsp LSA	1 Passionfruit		
Handful of ice			

Lunch MARINATED PORK CHOPS WITH GARDEN SALAD

INGREDIENTS		Serves 2	METHOD
Marinade	1 piece of Ginger	2 Tbsp Mustard	Mix the marinade together in a bowl then cover the chops and refrigerate for an hour or overnight (the longer the better). Once the pork is marinated, preheat oven to 200 degrees and line a tray with baking paper. Arrange pork on the tray and cook for 10-15 minutes until cooked through. Mix together all salad ingredients plus any other vegetables you would like to add such as capsicum, red onion, grated zucchini, olives, asparagus, broccoli. Then add a squeeze of lemon juice, 1 tsp olive oil and mix to combine. Serve 2 chops with a big side salad.
	2 Lemons, juice and zest	Salt and Pepper	
	Fresh Rosemary	Dried Thyme	
	5 Tbsp Olive Oil	2 cloves Garlic	
Salad	1 cup Salad Leaves	1 Carrot	
	8 Cherry Tomatoes	2 Radishes	
	1 Avocado		
	4 Pork Chops		

Dinner SPAGHETTI BOLOGNAISE ON VEGETABLE ZOODLES

INGREDIENTS		Serves 2	METHOD
500g Beef Mince	1 Onion		Heat a frypan with 1 Tbsp olive oil and add onion and garlic, fry for around 2 minutes until onion is browning then add mince. Cook mince until almost cooked, then add the tomato paste, beef stock, tomatoes, fresh herbs and salt and pepper and turn down to a simmer. Let this simmer for around 8-10 minutes until the sauce has reduced and mince is cooked all the way through. Assemble the "zoodles" by combining the spiralsised zucchini and carrot in a bowl with olives and fresh herbs. You can either serve raw or you can lightly saute for 3 minutes in a pan with a little olive oil. Serve the zoodles on the bottom of your plate, topped with fresh spinach then the beef and a little cheese on top.
2 Garlic cloves	1 Tbsp Tomato Paste		
1 can tinned Tomatoes	1/4 cup Beef Stock		
2 Zucchini	2 Carrots		
1/2 cup Edam Cheese	10 Olives		
1 cup Spinach	Fresh Herbs		

Day Five

Breakfast

BREAKFAST SALAD WITH LEMONY DRESSING

INGREDIENTS		Serves 1	METHOD
1 Cos Lettuce	1/2 Red Capsicum		<p>Make your dressing by combining all ingredients together in a jar and shaking to combine. Start to assemble the salad by arranging lettuce, capsicum, cherry tomatoes and avocado on a plate and then cut the haloumi into strips. Heat a pan for the haloumi and a pot of boiling water for the poached eggs. Add 1 Tbsp vinegar to the water for the eggs. Once the pan is hot, add sliced haloumi and cook for 2 minutes each side or until cooked to your liking and add to the salad. Once the water in the pot is boiling, add your eggs and poach to your liking - about 6 minutes for a runny yolk. Serve the poached eggs on top of the salad and add dressing to your liking.</p>
10 Cherry Tomatoes	1/2 small Cucumber		
1/2 Avocado	100g Haloumi		
2 Eggs, poached			
Dressing	1 Lemon	2 Tbsp Olive Oil	
	Salt and Pepper		

Lunch

LEFTOVERS OMELETTE

INGREDIENTS		Serves 1	METHOD
1 Eggs	1 Tbsp Cream		<p>Mix together eggs, cream and salt and pepper and put aside. Heat a pan with a little olive oil and add your omelette filling eg. roast chicken, ham, bacon, roast vegetables. When cooked/warmed through, add your egg mixture and sprinkle cheese on top. Once the omelette is cooked on one side flip over and cook on the other side. Serve with a big side of salad greens.</p>
1 cup Vegetables	Leftover meat		
1 cup Spinach	1/4 cup Cheddar Cheese		
Salt and Pepper			

Dinner

CHICKEN AND VEGETABLE SKEWERS WITH BROCCOLI RICE

INGREDIENTS		Serves 4	METHOD
4 Chicken Breasts	1 Red Capsicum		<p>Start with making the chicken marinade by combining the olive oil, GF soy/tamari sauce, lemon juice and zest, chilli and garlic in a bowl. Then add chicken and coat well, cover and refrigerate for an hour. When chicken is marinated, start to put your skewers together. Thread chicken, vegetables and haloumi onto the skewers one by one until you have used up all the ingredients. Heat a little oil in a pan or heat the BBQ and grill the skewers for around 3 minutes each side or until chicken is cooked through.</p> <p>Make the broccoli rice by processing in the food processor and then serve raw or saute in a pan with a little oil until heated through.</p>
1 Yellow Capsicum	Cherry Tomatoes		
15 Button Mushrooms	1 Courgette		
1 Red Onion	Haloumi Cheese		
2 Tbsp Olive Oil	3 Tbsp GF Soy/Tamari		
1 Lemon, juice and zest	1 Chilli		
2 cloves Garlic	1 Broccoli		

Day Six

Breakfast

SOFT POACHED EGGS ON KUMARA HASH

INGREDIENTS		Serves 1	METHOD
2 Eggs	1 cup Spinach		<p>Preheat oven to 180 degrees and then create your hash by mixing in a bowl mix spinach, kumara, broccoli, zucchini, parsley, almond meal and salt and pepper. Grease a oven proof dish with olive oil and then press the hash into the dish evenly and smooth the top. Cook for around 25-35 minutes until the vegetables are cooked through and hash is a little crispy. Remove from the oven and cut into 6 pieces. Once the hash is cooked, boil a pot of water with 1 tbsp vinegar and then drop 2 eggs in to poach.</p> <p>Poach for 4-5 minutes for runny yolks and serve on top of the hash.</p>
1 Kumara (grated)	1 Zucchini (grated)		
1 Broccoli (finely chopped)	2 Eggs for hash		
2 Tbsp Parsley	2 Tbsp Almond Meal		

Lunch

NAKED BURRITO WITH AVOCADO AND CHEESE

INGREDIENTS		Serves 1	METHOD
1 cup of leftover Mince	2 x Lettuce Cups		<p>Heat the mince and place half into each of the lettuce cups. Add the sliced avocado, cheese and tomatoes and any other vegetables you like such as grated carrot, sliced capsicum, sliced cucumber, jalapenos, olives and enjoy.</p>
1/2 Avocado	8 Cherry Tomatoes		
1/4 cup Cheese	Dried Thyme		

Dinner

BBQ CHICKEN WITH RAW BEETROOT SALAD AND ROASTED CAULIFLOWER BITES

INGREDIENTS		Serves 4	METHOD
Chicken and Marinade	500g Chicken Thighs	1 Orange, zest and juice	<p>Start with the marinade for the chicken by combining the orange juice and zest, chilli, paprika, mustard, tomato paste, oil and salt and pepper. Cover the chicken with the marinade and leave in the fridge for 1 hour.</p> <p>Prepare the cauliflower by cutting into bites then mix up the lime juice and zest, garlic, paprika, salt and cayenne pepper and rub onto the cauliflower ready to BBQ.</p> <p>Once the chicken is ready to cook, put some oil on the BBQ plate and add the chicken and cauliflower bites and cook for 5 minutes. Then turn over, adding more marinade to the chicken for extra flavour.</p> <p>To make the salad, combine the beetroot, carrot, mint, vinegar, olive oil and pumpkin seeds.</p> <p>Serve the chicken with the cauliflower bites and beet salad.</p>
	1 tsp Chilli Flakes	1 1/2 tsp Paprika	
	1 1/2 tsp Mustard	3 Tbsp Tomato Paste	
	1 tsp Olive Oil		
Salad	1 Beetroot	2 Tbsp Balsamic Vinegar	
	1 Carrot	10 Mint Leaves	
	1 Tbsp Olive Oil	1 Tbsp Pumpkin Seeds	
Bites	1 Cauliflower	1 Lime, Juice and Zest	
	1 clove Garlic	1 Tbsp Paprika	
	1 tsp Cayenne Pepper		

Day Seven

Breakfast

SALMON SCRAMBLE WITH CAPERS AND HERBS

INGREDIENTS		Serves 1	METHOD
1 tsp Butter	2 Eggs		Whisk the eggs, cream and salt and pepper together in a bowl and then set aside. Heat a fry pan with the butter and add the spinach until wilted. Then add the salmon and capers and heat through for a minute. Next add the egg mixture and fresh herbs and fold through until egg is cooked.
1/2 cup Cream	1 cup Spinach		
1/2 cup Smoked Salmon	1 Tbsp Capers		
10 Basil Leaves	Fresh Dill		

Lunch

RAW BEET SALAD WITH STUFFED KUMARA

INGREDIENTS		Serves 1	METHOD
1 Orange Kumara	1/2 Capsicum		Preheat oven to 160 degrees and line a tray with baking paper. Place your kumara on the tray and coat with a little olive oil and bake for 45-60 minutes until soft. Set aside to cool. Once kumara is cooled, scoop out the inside into a bowl, being careful not to rip the skin. In the bowl combine the kumara with capsicum, spring onion, and cheese and then if using meat top the kumara with that. To make the salad, combine the beetroot, carrot, mint, vinegar, olive oil and pumpkin seeds and serve on the side of the kumara.
1 Spring Onion	1/4 cup Cheddar Cheese		
1 Beetroot	1 Carrot		
10 Mint Leaves	2 Tbsp Balsamic Vinegar		
1 Tbsp Olive Oil	1 Tbsp Pumpkin Seeds		

Dinner

CHILLI, GARLIC AND GINGER BEEF STIR FRY

INGREDIENTS		Serves 2	METHOD
1 Broccolini	500g Skirt Steak		Prepare the steak strips by sprinkling with coriander and salt. Spiralise the zucchini and carrot and saute in a pan with a little olive oil. When slightly soft add the sesame oil to coat and leave in a pan to keep warm. Heat olive oil in a wok or frypan and add onion, garlic and ginger. Fry for 2 minutes until the onions are slightly soft. Add the steak and stir fry for 1-2 minutes then add the capsicum and broccolini and fry for another 2 minutes stirring constantly. Add the soy/tamari sauce, 1 tsp sesame oil and stir until everything is coated. Serve over the spiralsed vegetables and top with lime juice and fresh chilli.
2 tsp Coriander	3 tsp Sesame Oil		
1 Red Onion	2 cloves Garlic		
6cm piece of Ginger	1 Tbsp Olive Oil		
3 Tbsp GF Soy/Tamari	1 Lime, juiced		
1 Red Chilli	2 Zucchini		
1 Carrot	1 Capsicum		