

Healthy Meal Ideas | Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Upon rising	½ lemon in warm water or 1 teaspoon of apple cider vinegar. Alkaline green smoothie with spinach, apple, celery, cucumber, ginger, water, parsley and lemon. 1 teaspoon of spirulina or protein powder optional. Blend until smooth.	½ lemon in warm water or 1 teaspoon of apple cider vinegar. Very berry smoothie with blueberries & raspberries (½ cup), ½ banana, dash of Manuka honey, either coconut milk or almond/rice/oat milk, LSA and chia (protein powder or greens supplement optional)	½ lemon in warm water or 1 teaspoon of apple cider vinegar. Choice of vegetable juice/smoothie with 1 serve or fruit or smoothie.	½ lemon in warm water or 1 teaspoon of apple cider vinegar. Choice of vegetable juice/smoothie with 1 serve or fruit or smoothie.	½ lemon in warm water or 1 teaspoon of apple cider vinegar. Choice of vegetable juice/smoothie with 1 serve or fruit or smoothie.
<i>If you are having a hearty smoothie for breakfast with adequate protein on any morning, the below breakfasts can be eaten in smaller portions.</i>					
Breakfast	Bircher Muesli (with LSA, pepitas, goji berries, chia seeds, almond milk, grated apple.) served with yoghurt (natural or coconut) and berries.	2 poached eggs served with avocado, tomato, parsley, mushrooms and spinach, cooked in coconut oil.	Quinoa, Buckwheat or Oat porridge served with your choice of milk, cinnamon, natural vanilla, and 1 serve of fruit.	Omelette with your choice of vegetables and goat's cheese OR zucchini fritters OR frittata with egg whites, fetta and choice of vegetables.	Avocado, tomato, parsley, lemon and chia seeds served on 1 slice of rye, spelt, sourdough bread. Can be served with salmon, sardines or a soft-boiled egg.
Snack	¼ cup (30gm) of nuts and seeds.	1 medium piece of fruit.	¼ cup (30gm) of nuts and seeds.	1 medium piece of fruit.	¼ cup (30gm) of nuts and seeds.
Lunch	Grilled chicken with your choice of salad including spinach/kale/rocket, avocado, tomato, carrot, cabbage, capsicum, tomato and coriander. Drizzle with dash of olive oil and lemon.	Open burgers with patties made from salmon, vegetables or chicken served on a bed of lettuce, tomato, alfalfa and cucumber with lemon. Patties can be made in advance and frozen.	Egg white frittata with goat's cheese served with a garden salad.	Tabouli salad served with tuna, chicken or grilled fish and a dollop of hummus (optional).	Warm roasted vegetable salad served with quinoa and a sprinkle of goat's cheese and mixed seeds.
Snack	Vegetable sticks (cucumber, carrot, celery) with ⅓ avocado, coriander and lemon.	¼ cup (30gm) of nuts and seeds OR either bliss balls, nut and seed balls, protein balls or homemade oat muesli bars.	Vegetable sticks (cucumber, carrot, celery) with hummus or nut butter.	¼ cup (30gm) of nuts and seeds OR Bliss balls, nut and seed balls, protein balls, or homemade oat muesli bars.	Natural yoghurt with LSA or chia seeds and 1 serve of fruit such as berries, papaya, pineapple, mango, passionfruit or pear.
Dinner	Fish tacos served in lettuce cups with your choice of garden salad. Can be served with mango or a pesto dressing.	Chicken encrusted with almond meal, served with sweet potato chips/mash (optional) and a garden salad.	Grilled chicken or salmon on a bed of mashed peas or sweet potato served with a green salad.	Vegetable skewers with chicken, tofu or beef served on a bed of salad with satay or pesto sauce.	Chilli con carne made from lean mince, beans, veges, avocado and spinach. Can be served in lettuce cups or with flat bread.