



Hello,

Welcome to your meal plan! Here you will find the customised plan I have created for you, along with an itemised grocery list and delicious recipes.

Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips












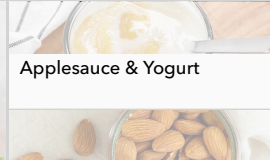



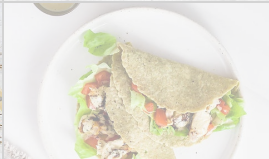
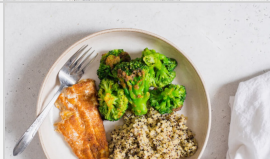


















The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mashed Sweet Potato Breakfast Bowl	 Bacon & Spinach Omelette	 Shredded Potato, Avocado & Sardine Bowl	 Orange Turmeric Overnight Oats	 Orange Turmeric Overnight Oats	 Spinach & Sweet Potato Frittata	 Spinach & Sweet Potato Frittata
Snack 1	 Applesauce & Almonds	 Kiwi Yogurt Parfait	 Applesauce & Almonds	 Banana Orange Green Smoothie	 Applesauce & Yogurt	 Apples & Almonds	 Peanut Butter Spoon with Raisins & Apple
Lunch	 Eggplant, Rice & Beans	 Chicken Caesar Salad Wraps	 Haddock, Broccoli & Quinoa	 Baked Salmon with Broccoli & Quinoa	 Meal Prep Chicken & Cilantro Lime Quinoa	 Tomato & Eggplant Pasta Casserole	 Eggs & Toast
Snack 2	 Kiwi Yogurt Parfait	 Applesauce & Almonds	 Banana Orange Green Smoothie	 Applesauce & Yogurt	 Apples & Almonds	 Peanut Butter Spoon with Raisins & Apple	 Apples & Almonds
Dinner	 Mackerel Fish Cakes	 Eggplant, Rice & Beans	 Baked Salmon with Broccoli & Quinoa	 Meal Prep Chicken & Cilantro Lime Quinoa	 Ground Beef, Liver & Spinach	 Slow Cooker Beef Shank	 Tomato & Eggplant Pasta Casserole

Fruits

- 12 Apple
- 1/2 Avocado
- 4 Banana
- 2 cups Blueberries
- 4 Kiwi
- 1 1/8 Lemon
- 1 1/2 tsps Lemon Juice
- 1 1/4 tsps Lime Juice
- 2 Navel Orange

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1/3 cup Almond Butter
- 2 cups Granola
- 1 cup Rice Puffs Cereal

Seeds, Nuts & Spices

- 3 1/2 cups Almonds
- 2 tsps Chia Seeds
- 1/2 tsp Cinnamon
- 3/4 tsp Dried Thyme
- 2 tsps Hemp Seeds
- 2 tsps Italian Seasoning
- 1/2 tsp Onion Powder
- 3/4 tsp Oregano
- 1/2 tsp Paprika
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Turmeric

Frozen

- 2 cups Frozen Broccoli
- 2 cups Frozen Cauliflower

Vegetables

- 8 cups Arugula
- 12 cups Baby Spinach
- 8 cups Broccoli
- 4 2/3 Carrot
- 1/2 cup Cilantro
- 3 Eggplant
- 1/2 cup Fresh Dill
- 8 Garlic
- 2 stalks Green Onion
- 2/3 cup Red Onion
- 7 Sweet Potato
- 1/8 White Onion
- 3/4 Yellow Onion
- 3 Yellow Potato

Boxed & Canned

- 1 1/2 cups Basmati Rice
- 1/3 cup Brown Rice
- 2 2/3 cups Cannellini Beans
- 1 cup Diced Tomatoes
- 2 1/2 cups Quinoa
- 113 grams Sardines

Baking

- 2 cups Oats
- 1/2 cup Raisins
- 4 cups Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 302 grams Beef Shanks
- 2 slices Bread
- 151 grams Canned Mackerel
- 454 grams Chicken Breast, Cooked
- 151 grams Chicken Liver
- 302 grams Extra Lean Ground Beef
- 2 Haddock Fillet
- 567 grams Salmon Fillet

Condiments & Oils

- 2 2/3 tsps Avocado Oil
- 2 1/2 tsps Capers
- 2 2/3 tsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil

Cold

- 15 1/3 Egg
- 2 1/2 cups Oat Milk
- 2 cups Orange Juice
- 3/4 cup Unsweetened Almond Milk
- 6 cups Unsweetened Coconut Yogurt

Other

- 3 1/2 cups Water



Mashed Sweet Potato Breakfast Bowl

6 servings

35 minutes

Ingredients

6 Sweet Potato (medium sized, cut in half)
3/4 cup Unsweetened Almond Milk
2 cups Blueberries
1/3 cup Almond Butter
2 tbsps Hemp Seeds

Directions

- 1 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 2 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 3 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

More Flavor: Add a dash of cinnamon to the sweet potato.

Save Time: Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.



Bacon & Spinach Omelette

1 serving

20 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1 cup Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the bacon over medium heat, being sure to stir every few minutes. Just before the desired doneness is reached, add the spinach until wilted. Transfer the mixture to a paper towel-lined plate to cool slightly. Leave behind a small splash of bacon fat to keep the pan greased.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Transfer to the pan and cook until almost set. Place the spinach and bacon on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

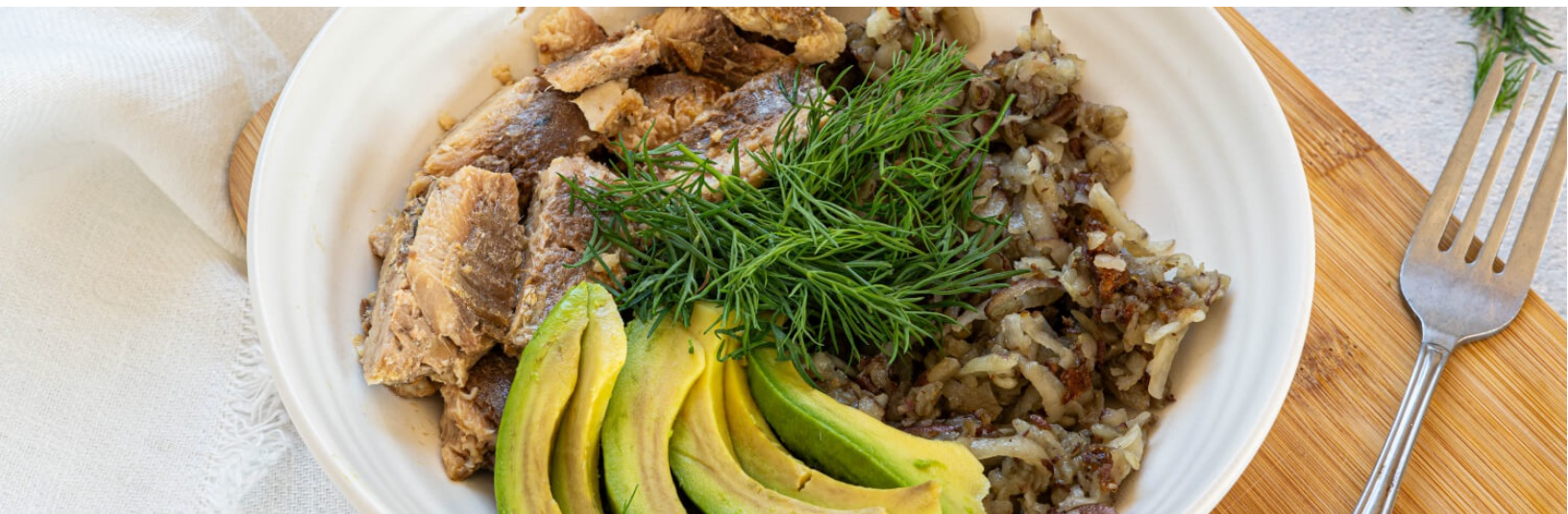
Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Red pepper flakes or hot sauce.

Additional Toppings: Shredded cheese or avocado slices.

No Spinach: Use kale instead.

Make it Fluffy: For a fluffier omelette, whisk the eggs with milk.



Shredded Potato, Avocado & Sardine Bowl

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 3 Yellow Potato (medium, shredded)
- Sea Salt & Black Pepper (to taste)
- 113 grams Sardines (drained)
- 1/2 Avocado (medium, sliced)
- 1/4 cup Fresh Dill (chopped)

Directions

- 1 Heat the oil in a pan and add the shredded potato. Cook for 12 to 15 minutes, stirring frequently, until browned. Season with salt and pepper to taste.
- 2 Divide the potatoes, sardines, avocado, and fresh dill evenly between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan: Use tempeh instead of sardines.

More Flavor: Add hot sauce or garlic aioli.



Orange Turmeric Overnight Oats

4 servings

2 hours

Ingredients

- 2 cups Oats (rolled)
- 2 1/2 cups Oat Milk (unsweetened)
- 1 1/2 tsps Turmeric
- 1/2 tsp Cinnamon
- 2 tbsps Chia Seeds
- 2 Navel Orange (divided)

Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add maple syrup, honey or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes, or nut butter.



Spinach & Sweet Potato Frittata

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 3 cups Baby Spinach (chopped)
- 8 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Applesauce & Almonds

6 servings

5 minutes

Ingredients

3 cups Unsweetened Applesauce
1 1/2 cups Almonds (raw or roasted)

Directions

- 1 Serve the applesauce with the almonds. Enjoy!

Notes

Leftovers: Refrigerate the applesauce in an airtight container for up to four days.

More Flavor: Add cinnamon.

Nut-Free: Use pumpkin seeds or sunflower seeds instead of almonds.

Additional Toppings: Add chopped fruit, hemp seeds, or yogurt.



Banana Orange Green Smoothie

2 servings

5 minutes

Ingredients

- 2 Banana (medium, frozen)
- 1 Apple (medium, peeled and chopped)
- 2 cups Baby Spinach
- 1 cup Frozen Cauliflower
- 1 cup Orange Juice (freshly squeezed)
- 1 cup Water

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



Eggplant, Rice & Beans

6 servings

35 minutes

Ingredients

3 Eggplant (cut in half lengthwise)
1/3 cup Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 cups Basmati Rice
3/4 Yellow Onion (chopped fine)
3 Garlic (cloves, smashed)
2 2/3 cups Cannellini Beans (drained, rinsed, and pat dry with paper towel)
3/4 tsp Oregano
3/4 tsp Dried Thyme
1 1/2 tsps Lemon Juice

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, score the cut sides of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a large skillet, heat the remaining oil over medium heat. Once hot, add the onion and cook for three minutes and then add the garlic, beans, oregano, and thyme. Cook until the beans are somewhat browned and getting crispy, about five minutes and then remove from the heat.
- 5 Divide the rice onto plates and top with the eggplant and beans. Squeeze the lemon juice over top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container in the fridge for up to three days.

Serving Size: One serving is half an eggplant, half a cup of rice, and half a cup of beans.

Additional Toppings: Top with shaved parmesan, chili flakes, or toasted walnuts or pumpkin seeds.



Haddock, Broccoli & Quinoa

2 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 Haddock Fillet
- 2 cups Frozen Broccoli
- 2 tbsps Coconut Oil
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Eggs & Toast

2 servings

5 minutes

Ingredients

- 2 tps Coconut Oil
- 4 Egg
- 2 slices Bread (toasted)

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!

Notes

No Coconut Oil: Use olive oil, butter or ghee instead.

Gluten-Free: Use gluten-free bread or serve on sweet potato toast.



Kiwi Yogurt Parfait

4 servings

5 minutes

Ingredients

- 2 cups Unsweetened Coconut Yogurt
- 2 cups Granola
- 4 Kiwi (peeled, diced)

Directions

- 1 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Nuts, shredded coconut, hemp seeds, or chia seeds.



Applesauce & Yogurt

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Coconut Yogurt
- 1 cup Unsweetened Applesauce

Directions

- 1 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add cinnamon.

Additional Toppings: Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

No Yogurt: Use oatmeal instead.



Almonds

2 servings

2 minutes

Ingredients

1/2 cup Almonds (raw)

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.



Apples & Almonds

6 servings

5 minutes

Ingredients

6 Apple (sliced)
1 1/2 cups Almonds

Directions

- 1 Core apple and cut it into slices. Serve with almonds.



Peanut Butter Spoon with Raisins & Apple

4 servings

5 minutes

Ingredients

1/2 cup All Natural Peanut Butter
1/2 cup Raisins
4 Apple (sliced)

Directions

1

Scoop the peanut butter and sprinkle raisins ovetop. Serve alongside the apple slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use tahini, sunflower seed butter, or pumpkin seed butter instead.



Mackerel Fish Cakes

4 servings

40 minutes

Ingredients

- 1/3 cup Brown Rice (dry, rinsed)
- 1 cup Rice Puffs Cereal
- 2 2/3 tbsps Avocado Oil
- 151 grams Canned Mackerel
- 2 2/3 tbsps Fresh Dill (chopped)
- 2 1/2 tbsps Capers
- 1 1/3 Egg
- 1/3 tsp Sea Salt
- 2/3 Lemon (cut into wedges)

Directions

- 1 Cook the rice according to package directions. Set aside to cool.
- 2 Meanwhile, in a food processor, pulse the cereal until it is a coarse crumble. Set aside in a shallow bowl.
- 3 Preheat a cast iron pan over medium-low heat. Add the oil one or two minutes before you are ready to cook.
- 4 Once the rice has cooled, it to the food processor along with the mackerel, dill, capers, egg, and salt. Pulse until just combined and cohesive.
- 5 Use a 1/3 cup measuring cup and scoop out the mixture. Gently flatten into a patty in your hands and coat in the cereal. Repeat with the remaining mixture.
- 6 Gently place each patty in the pan being sure not to overcrowd the pan. Adjust the heat as needed. Let the fish cakes cook for two to three minutes on each side or until a light brown crust forms. Serve with lemon wedges and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to two days.

Serving Size: One serving is approximately one fish cake.

More Flavor: Serve with tartar sauce.

Save Time: Use leftover cooked rice. 2/3 cup of cooked brown rice was used to make three servings.



Baked Salmon with Broccoli & Quinoa

4 servings

20 minutes

Ingredients

567 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
8 cups Broccoli (sliced into small florets)
2 tbsps Extra Virgin Olive Oil
1 cup Quinoa (uncooked)
1 1/2 cups Water
1/2 Lemon (sliced into wedges)

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Meal Prep Chicken & Cilantro Lime Quinoa

4 servings

15 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1/2 cup Cilantro (chopped)
- 1 1/4 tbsps Lime Juice (to taste)
- 1/4 tsp Sea Salt (to taste)
- 8 cups Arugula (packed)
- 4 Carrot (small, chopped)
- 454 grams Chicken Breast, Cooked (sliced)
- 2 stalks Green Onion (sliced)

Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Toss the quinoa with cilantro, lime juice, and salt.
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Ground Beef, Liver & Spinach

4 servings

25 minutes

Ingredients

151 grams Chicken Liver
2/3 cup Red Onion (roughly chopped)
4 Garlic (cloves, roughly chopped)
302 grams Extra Lean Ground Beef
2 tsps Italian Seasoning
2/3 tsp Sea Salt
4 cups Baby Spinach (chopped)

Directions

- 1 Add the chicken liver, onion and garlic to a food processor and blend until mostly smooth.
- 2 Place the beef in a large mixing bowl and add the liver mixture, Italian seasoning and salt and mix until well combined.
- 3 Heat a large pan over medium heat.
- 4 Add the beef mixture to the pan and cook for 10 to 12 minutes, breaking it up with a wooden spoon as it cooks.
- 5 Add the spinach to the pan and continue to cook until the spinach has wilted. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cumin, coriander, paprika, black pepper or other herbs to the meat mixture.

Serve it With: Quinoa, brown rice, cauliflower rice or zucchini noodles.

No Chicken Liver: Use beef liver instead.

No Red Onion: Use green or yellow onion instead.

No Spinach: Use another leafy green like kale, collard greens or Swiss chard instead.



Slow Cooker Beef Shank

2 servings

4 hours

Ingredients

1 1/2 tpsps Extra Virgin Olive Oil (divided)
302 grams Beef Shanks (cut into 3-inch pieces)
1 Garlic (cloves, minced)
1/8 White Onion (large, sliced)
1 cup Diced Tomatoes
2/3 Carrot (medium, chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, along with the carrots, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Serve it with mashed potatoes, polenta, crusty bread, rice, cauliflower rice, or roasted vegetables.