

No Takeaway April

WEEK 1 MEAL PLAN
HEALTHYANDGOLDEN.COM

SUNDAY

BREKKY

1 serve cereal with milk.
1 apple.
1 coffee.

LUNCH

Tuna and cheese on cruskits with mixed salad.
1 banana

A/TEA

Carrot & cucumber sticks with dip.
1 granola bar.

DINNER

Crispy parmesan chicken with zucchini

1ST

MONDAY

BREKKY

Overnight oats with fruit
1 coffee.

LUNCH

Chicken w salad sandwich.
1 apple.

A/TEA

1 yoghurt
1 handful trail mix of choice

DINNER

Sour cream beef bake with mixed vegetables

2ND

TUESDAY

BREKKY

1 slice pumpkin bread with butter.
1 apple
1 coffee

LUNCH

Curried egg with salad sandwich
1 banana

A/TEA

1 yoghurt
1 handful trail mix of choice

DINNER

Chicken strips on wraps with mixed salads

3RD

WEDNESDAY

BREKKY

1 serve cereal with milk and strawberries.
1 coffee

LUNCH

Ham, cheese and salad sandwich

A/TEA

1 yoghurt
1 honey raspberry muffin

DINNER

Fish and chips with cauliflower, bacon and cheese fritters

4TH

THURSDAY

BREKKY

Bacon and eggs on crumpets or bread.
1 coffee

LUNCH

Caesar salad with eggs and toasted bread croutons
1 apple

A/TEA

1 yoghurt
1 handful berries

DINNER

Beef stroganoff with sweet potato mash and vegetables

5TH

FRIDAY

BREKKY

1 slice pumpkin bread with butter
1 banana
1 coffee

LUNCH

Leftover chicken with beet, carrot and apple salad

A/TEA

1 yoghurt
1 granola bar

DINNER

Slow cooker pork chops with apples & onions and vegetables

6TH

SATURDAY

BREKKY

Baked beans with cheese on toast
1 apple
1 coffee

LUNCH

Tuna & cheese on cruskits with salad. Strawberry smoothie

A/TEA

Carrot & cucumber sticks with dip and crackers

DINNER

Easy Fried Rice

7TH

Make health a priority

BEFORE CHANGING ANY HEALTH AND LIFESTYLE HABITS, PLEASE CONSULT YOUR PRACTITIONER. THIS IS NOT HEALTH ADVICE, BUT MERELY A REFERENCE OF HEALTHY FOODS AND WHAT THEY CAN DO FOR THE BODY, BUT EACH BODY IS DIFFERENT.

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SUNDAY	BREKKY	LUNCH	A/TEA	DINNER	1ST
MONDAY	BREKKY	LUNCH	A/TEA	DINNER	2ND
TUESDAY	BREKKY	LUNCH	A/TEA	DINNER	3RD
WEDNESDAY	BREKKY	LUNCH	A/TEA	DINNER	4TH
THURSDAY	BREKKY	LUNCH	A/TEA	DINNER	5TH
FRIDAY	BREKKY	LUNCH	A/TEA	DINNER	6TH
SATURDAY	BREKKY	LUNCH	A/TEA	DINNER	7TH

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