

# No Takeaway April

## WEEK 2 MEAL PLAN HEALTHYANDGOLDEN.COM

SUNDAY

### BREKKY

Banana pancakes  
w maple syrup or  
honey  
1 coffee

### LUNCH

Sweet potato &  
zucchini strata  
bake with  
poached chicken.

### A/TEA

Smoothie of  
choice in bowl  
with oats, chia  
seeds & trail mix

### DINNER

Beef Massala  
Curry w quinoa  
and mixed veg

8TH

MONDAY

### BREKKY

1 slice banana  
bread with butter  
1 coffee

### LUNCH

Leftover chicken  
and salad w  
lemon, olive oil  
and pepper.

### A/TEA

1 yoghurt  
1 handful berries

### DINNER

Honey Mustard  
Chicken, sweet  
potato mash &  
mixed veg.

9TH

TUESDAY

### BREKKY

Overnight oats  
(which includes  
fruit)  
1 coffee

### LUNCH

Buddha/nourish  
ment bowl of  
choice

### A/TEA

1 apple sliced  
horizontally, with  
nut butter  
1 yoghurt

### DINNER

Minced Beef Egg  
Burritos (use taco  
seasoning pin)

10TH

WEDNESDAY

### BREKKY

Yoghurt with  
granola and  
berries.  
1 coffee

### LUNCH

Loaded Low Fat  
Egg Salad (with  
added corn) on  
toast (1)

### A/TEA

1 banana  
2 choc chip  
cookies

### DINNER

Teriyaki Salmon  
with cauliflower  
garlic bread

11TH

THURSDAY

### BREKKY

Healthy granola  
with milk  
1 banana  
1 coffee

### LUNCH

Ham, cheese and  
salad sandwich  
on bread  
1 apple

### A/TEA

3 bliss balls  
1 yoghurt

### DINNER

Cheese Meatballs  
w Sweet Potato  
Fries and Keto  
Marinara Sauce

12TH

FRIDAY

### BREKKY

1 slice banana  
bread with butter  
1 coffee

### LUNCH

Leftover sweet  
potato & zucchini  
strata bake

### A/TEA

Smoothie of  
choice in bowl  
with oats, chia  
seeds & trail mix

### DINNER

Greek Lamb  
Chops, Lemon  
Smash Potatoes,  
and mixed veg.

13TH

SATURDAY

### BREKKY

Scrambled eggs  
on bread  
Strawberry  
smoothie

### LUNCH

Sweet potato,  
feta and lentil  
salad.

### A/TEA

Healthy peanut  
butter fruit dip  
with apple slices.

### DINNER

Sticky Lime and  
Ginger Chicken  
with Asparagus  
and Broccoli

14TH

*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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HEALTHYANDGOLDEN.COM

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A/TEA

DINNER

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DINNER

9TH

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