<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>AFTERNOON</th>
<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td><strong>BREKKY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<tr>
<td></td>
<td>Banana pancakes w maple syrup or honey 1 coffee</td>
<td>Sweet potato &amp; zucchini strata bake with poached chicken.</td>
<td>Smoothie of choice in bowl with oats, chia seeds &amp; trail mix</td>
<td>Beef Massala Curry w quinoa and mixed veg</td>
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<tr>
<td>MONDAY</td>
<td><strong>BREKPY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<td></td>
<td>1 slice banana bread with butter 1 coffee</td>
<td>Leftover chicken and salad w lemon, olive oil and pepper.</td>
<td>1 yoghurt 1 handful berries</td>
<td>Honey Mustard Chicken, sweet potato mash &amp; mixed veg</td>
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<tr>
<td>TUESDAY</td>
<td><strong>BREKPY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<td></td>
<td>Overnight oats (which includes fruit) 1 coffee</td>
<td>Buddha/nourish ment bowl of choice</td>
<td>1 apple sliced horizontally, with nut butter 1 yoghurt</td>
<td>Minced Beef Egg Burritos (use taco seasoning pin)</td>
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<tr>
<td>WEDNESDAY</td>
<td><strong>BREKPY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<td></td>
<td>Yoghurt with granola and berries. 1 coffee</td>
<td>Loaded Low Fat Egg Salad (with added corn) on toast (1)</td>
<td>1 banana 2 choc chip cookies</td>
<td>Teriyaki Salmon with cauliflower garlic bread</td>
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<tr>
<td>THURSDAY</td>
<td><strong>BREKPY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<td></td>
<td>Healthy granola with milk 1 banana 1 coffee</td>
<td>Ham, cheese and salad sandwich on bread 1 apple</td>
<td>3 bliss balls 1 yoghurt</td>
<td>Cheese Meatballs w Sweet Potato Fries and Keto Marinara Sauce</td>
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<tr>
<td>FRIDAY</td>
<td><strong>BREKPY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<td></td>
<td>1 slice banana bread with butter 1 coffee</td>
<td>Leftover sweet potato &amp; zucchini strata bake</td>
<td>Smoothie of choice in bowl with oats, chia seeds &amp; trail mix</td>
<td>Greek Lamb Chops, Lemon Smash Potatoes, and mixed veg.</td>
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<tr>
<td>SATURDAY</td>
<td><strong>BREKPY</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>A/TEA</strong></td>
<td><strong>DINNER</strong></td>
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<td></td>
<td>Scrambled eggs on bread Strawberry smoothie</td>
<td>Sweet potato, feta and lentil salad.</td>
<td>Healthy peanut butter fruit dip with apple slices.</td>
<td>Sticky Lime and Ginger Chicken with Asparagus and Broccoli</td>
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</tbody>
</table>

**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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**No Takeaway April**

**WEEK 2 MEAL PLAN**

**HEALTHYANDGOLDEN.COM**

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.