

No Takeaway April

WEEK 3 MEAL PLAN HEALTHYANDGOLDEN.COM

SUNDAY

BREKKY

Overnight oats w
fruit of choice
1 coffee

LUNCH

Paleo Crackers
with tuna, cheese
and capsicum
1 banana

A/TEA

1 bowl veggie
chips

DINNER

Pork curried
sausages &
cauliflower garlic
bread

15TH

MONDAY

BREKKY

Pumpkin bread
with butter
1 apple
1 coffee

LUNCH

Mason jar salad
of choice
1 banana

A/TEA

1 yoghurt w
berries and
1 handful trail mix

DINNER

Shepherds pie
with sweet potato
mash

16TH

TUESDAY

BREKKY

1 yoghurt with
granola and
berries
1 coffee

LUNCH

Curried egg and
salad sandwich
1 banana

A/TEA

Veggie sticks
with hummus

DINNER

homemade
zucchini tortillas
w shredded
chicken and salad

17TH

WEDNESDAY

BREKKY

Overnight oats (w
fruit) of choice
1 coffee

LUNCH

shredded chicken
salad with olive
oil, lemon juice
and beetroot.

A/TEA

1 slice lemon
poppy seed cake

DINNER

fish cakes w aioli
and tomato basil
quinoa risotto

18TH

THURSDAY

BREKKY

Baked beans with
cheese on rye
toast
1 coffee

LUNCH

Grilled Chicken
Sundried Tomato
Spinach Salad
1 mandarin

A/TEA

1 apple sliced w
choc almond
butter dip

DINNER

Sloppy joe bowls

19TH

FRIDAY

BREKKY

Pumpkin bread
with butter
1 apple
1 coffee

LUNCH

Mason jar salad
of choice
1 banana

A/TEA

Veggie chips,
paleo crackers
and hummus.

DINNER

Spanish chorizo
chicken with corn
rice

20TH

SATURDAY

BREKKY

Bacon egg cups
w hollandaise
sauce & spinach
1 coffee

LUNCH

Ham cheese and
salad sandwich
1 apple

A/TEA

1 slice lemon
poppy seed cake
1 mandarin

DINNER

Vegetarian fajita
pasta

21ST

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	15TH
MONDAY	BREKKY	LUNCH	A/TEA	DINNER	16TH
TUESDAY	BREKKY	LUNCH	A/TEA	DINNER	17TH
WEDNESDAY	BREKKY	LUNCH	A/TEA	DINNER	18TH
THURSDAY	BREKKY	LUNCH	A/TEA	DINNER	19TH
FRIDAY	BREKKY	LUNCH	A/TEA	DINNER	20TH
SATURDAY	BREKKY	LUNCH	A/TEA	DINNER	21ST

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