

No Takeaway April

WEEK 4 MEAL PLAN
HEALTHYANDGOLDEN.COM

SUNDAY

BREKKY

Healthy granola
w yoghurt and
grated apple
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Pho mason jar
soup

A/TEA

Veggie sticks with
hummus

DINNER

Crockpot
enchilada soup

22ND

MONDAY

BREKKY

1 slice banana
bread with butter
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Caesar salad with
eggs and toasted
bread croutons
1 apple

A/TEA

Pumpkin, spinach
and feta muffin

DINNER

Mongolian beef
zoodles

23RD

TUESDAY

BREKKY

Overnight oats w
fruit
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Roasted beetroot,
feta and walnut
salad w roast
chickpeas

A/TEA

1 yoghurt
1 handful trail mix

DINNER

Grilled Chicken
Burrito Bowls

24TH

WEDNESDAY

BREKKY

Healthy granola
w yoghurt and
grated apple
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Herby lemon and
quinoa chicken
soup

A/TEA

2 bliss balls, 1
handful trail mix

DINNER

Maple crusted
salmon,
Moroccan cauli
and broccoli

25TH

THURSDAY

BREKKY

Scrambled eggs
w bacon on toast
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Ham, cheese and
salad sandwich
1 apple

A/TEA

Veggie sticks with
hummus

DINNER

Paleo bacon
garlic avocado
burgers

26TH

FRIDAY

BREKKY

Overnight oats
with fruit
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Tuna and cheese
melts on toast
with spinach and
corn

A/TEA

Pumpkin, spinach
and feta muffin

DINNER

Thai pork
meatballs w
mixed salad

27TH

SATURDAY

BREKKY

1 slice banana
bread w butter
1 coffee

M/TEA

Smoothie/juice
of choice

LUNCH

Herby lemon and
quinoa chicken
soup

A/TEA

2 bliss balls, 1
handful trail mix

DINNER

Spinach Bacon
and Cheese
Quiche

28TH

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 Healthy granola w yoghurt and grated apple 1 coffee	M/TEA Smoothie/juice of choice	LUNCH Sweet potato quinoa bites w crispy sesame chicken strips	A/TEA 1 yoghurt 1 handful trail mix	DINNER Cowboy butter chicken w zucchini noodles	29TH
MONDAY	BREKKY 1 slice banana bread with butter 1 coffee	M/TEA Smoothie/juice of choice	LUNCH Lettuce wrap sandwich of choice	A/TEA Avocado brownie	DINNER Paleo beef and veg kebabs	30TH
TUESDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
WEDNESDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
THURSDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
FRIDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
SATURDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	

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SUNDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	22ND
MONDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	23RD
TUESDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	24TH
WEDNESDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	25TH
THURSDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	26TH
FRIDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	27TH
SATURDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	28TH

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SUNDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	29TH
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MONDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	30TH
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TUESDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
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WEDNESDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
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THURSDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
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FRIDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
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SATURDAY	BREKKY	M/TEA	LUNCH	A/TEA	DINNER	
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