



HAPPY B@DY FORMULA

# 7-DAY MAKE AHEAD MEAL PLAN

INCREASE ENERGY - LOSE WEIGHT - FEEL BETTER



5 BREAKFASTS + 6 LUNCHESS + 5 DINNERS  
**ALL PREPARED IN 3 HOURS**

**VOL.1**

## LET'S BEGIN

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Most of us would like to lose a bit of weight, increase energy, and feel healthier. The easiest way to do this is with a **healthy, real food based diet** and a few healthy habits. Yet it's not always as easy as it sounds.

Why? Because life gets in the way. You get busy. You get tired. And when you get caught out unplanned and unprepared, you make bad food choices. Let's face it: they are often faster and more convenient.

That's why **planning and preparing meals ahead of time** is one of the best strategies towards healthier eating, especially if you have fitness or weight loss goals. Having your fridge and freezer stocked with nourishing food takes away the stress and worry about what to cook; and, most importantly, it keeps away the temptations.

That's exactly why we've put together our **make ahead meal plan**, complete with delicious, real food recipes and shopping lists that will cover you for five dinners, lunches and breakfasts.

### Want to know the best part?

We've done all the planning for you. All you need is about **3 hours of cooking** to get most of your meals for the week ready ahead of time. Seriously! Our step-by-step batch cooking plan shows you how to get all your meal prep done at the weekend, so your healthy dinners take no more than 15-20 minutes from fridge to table.

### Our 7-Day Eat Better Challenge

We ask you to follow our **basic food guidelines**, and to implement **1 to 3 daily healthy habits** from our 9-week [Happy Body Formula program](#). Use this meal plan, or you can create your own dishes. In just seven days you can feel lighter, sharper and more energetic.

You can implement this meal plan in your own time - but for extra support and motivation, it's worth participating in our **live challenge**, which we run a few times per year. You'll follow the plan with hundreds of other people around the world, get guidance from our dedicated coach, and connect with others in our vibrant Facebook group community.

Okay, let's get cooking. Please read through the plan guidelines, prep notes and recipes before you go shopping. If you have any questions about the plan or the recipes, please leave a question in our [Facebook community group](#).

## ABOUT THIS MEAL PLAN

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- Our meal plan is inspired by the paleo, primal and real food philosophies.
- All meals are free from gluten, grains, legumes and processed sugar; however, we use some fermented dairy, which can be substituted. The plan is low-to-moderate in carbohydrates, low in sugar, high in protein and healthy fats.
- We use easily accessible ingredients, with focus on nutrient density.
- The meal plan and the recipes are developed by a real food cookbook author and food blogger, Irena Macri.
- The meal prep yields 5 dinners, 6 lunches and 5 breakfasts and the plan is designed for 2 people. You are welcome to adjust the amounts.

## PICK A DAILY HEALTHY HABIT

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### 1 WARM LEMON WATER EVERY MORNING

To help improve your digestion and to assist your body with detoxification, we recommend starting the day with a glass of warm water mixed with two tablespoons of lemon juice or apple cider vinegar.



### 2 30 MINUTES OF EXERCISE EVERY DAY

We ask you to exercise for 30 minutes every day for 7 days. You can alternate between flexibility, cardio and strength workouts: brisk walk, run, swim, yoga, pilates, weightlifting, rock climbing, dancing, hiking. Pick something you enjoy and try to choose a few outdoor activities.



### 3 10 MINUTES OF MEDITATION EVERY DAY

We would like you to try meditation and make it a daily habit. We recommend using an app called **Headspace**, which provides daily guided meditations and has the potential to work for everyone. Start small and build up. You can definitely spare ten minutes from your day!

[Download the app here.](#)



# YOUR 7-DAY EATING GUIDELINES



## INCLUDE FOR 7 DAYS

- All vegetables except white potatoes – the more the better
- Meat, poultry, fish, seafood, eggs
- 2 servings of fruit and/or berries per day
- Nuts & seeds (handful, 3-4 times per week)
- Healthy fats such as coconut oil, olive oil, ghee and butter
- Fermented dairy (2-3 times per week, optional)
- Dark chocolate (85% cacao and up, 15-20 grams per week)
- Coffee (1 cup per day, black or with non-dairy milk - but no soy milk)
- Lots of water, herbal teas, some coconut water

**Approved condiments and sauces:** mayonnaise (ideally homemade or made with olive oil), mustard, hot or chilli sauce, horseradish, harissa, wasabi, jalapeños, sun-dried tomatoes in olive oil, capers, marinated olives, anchovies, tomato paste, fish sauce, tamari (wheat-free soy sauce), apple cider vinegar, red and white wine vinegar, balsamic vinegar.

## AVOID FOR 7 DAYS

- All processed white sugar, brown sugar, artificial sugar, or agave
- All grains and legumes including pasta, bread, cakes, muffins, pizza
- Processed vegetable & seed oils and fats
- Most dairy (see exceptions below)
- White potatoes
- Alcohol
- Soft drinks and fruit juices
- All other processed foods & junk food

## GRAINS & LEGUMES



We ask you to avoid grains and legumes to reduce the amount of **refined carbohydrates**, and because they contain **toxins (phytic acid)** and **proteins (gluten, lectin)** that can disrupt digestion and cause inflammation. We go into more detail about these foods in our full [Happy Body Formula program](#). Our participants avoid these foods for the duration of the program; however, we reintroduce some grains and legumes in the last few weeks of the plan.

**Grains:** wheat, barley, rye, corn (maize), spelt, bran, polenta, millet, oats, kamut, brown/wild/white rice, sorghum.

**Legumes:** soy beans (except for fermented miso or naturally brewed, wheat-free soy sauce such as Tamari), all beans, lentils, dried and split peas, chickpeas. Green beans and snow peas are allowed because they are a young pod and contain few toxins in comparison to mature, dried legumes.

**Pseudograins:** quinoa, amaranth, buckwheat (we reintroduce these foods in our full program).

## SUGAR



Overconsumption of sugar, especially refined sugar, can damage gut health and has been linked to cancer, obesity and diabetes. Avoid sugary foods and baked goods as well as soft drinks and fruit juices.

Avoid all processed white sugar, brown sugar, artificial sugar, or agave. You are allowed 2-3 tablespoons of natural sweetener such as honey, maple syrup or coconut syrup; which we have mostly used up in the meal plan already. You are allowed 15-20 grams of dark chocolate (85% cacao and up).

## PROCESSED VEGETABLE & SEED OILS AND FATS



While naturally occurring, minimally processed fats and oils (such as olive oil and ghee) are a healthy source of energy and nutrients, highly processed vegetable and seed oils (such as soybean, canola and corn oil) contain high levels of omega-6 fatty acids, which – when consumed in excess – have detrimental health effects.

Problem is – these oils are present in nearly everything we eat nowadays, and that's another reason why we focus on avoiding processed foods. Even grain-fed livestock, where a lot of meat produce comes from, is high in omega-6s. A diet high in omega-6's is associated with an increase in inflammatory diseases such as cardiovascular disease, type 2 diabetes, rheumatoid arthritis, asthma and cancer to mention a few. We look at fats in more detail in our full 9-week program.

Fats and oils to avoid include corn, cottonseed, soybean, canola and rapeseed, safflower, sunflower, peanut, grapeseed, vegetable, and margarine, which is made from aforementioned oils.

## MOST DAIRY



Full-fat dairy, especially from grass-fed cattle, contains many essential nutrients and fats. However, dairy also contains lactose (sugar) and casein (protein), which some people are sensitive to, and it is highly insulinogenic, which means it stimulates large releases of insulin. This makes dairy problematic for people with metabolic and digestive issues. Taking most dairy out will help you determine how tolerant you are to these foods, and will help with fixing any blood sugar and gastrointestinal issues.

You're allowed full-fat, unsweetened yoghurt or kefir and small amounts of goat's or sheep's milk cheese. Butter and ghee are also okay during our 7-day plan. It may be beneficial to remove all dairy for this week; in which case you can replace regular yoghurt with a coconut milk alternative.

## WHITE POTATOES



While we allow white potatoes (in moderation) during the full HBF program, we would like you to avoid it during our 7-day plan - especially if weight loss is your primary goal. We do teach the best ways to cook and serve white potatoes to reduce its glycaemic index during the full program.

## ALCOHOL



When consumed in moderation, alcohol can be a good thing; but it can disturb the gut flora, impair absorption of nutrients, affect your mood, and suppress the immune system - especially when consumed in excess.

# 7-DAY MEAL PLAN

## Breakfast

## Lunch

## Dinner

### MONDAY



Green smoothie & two hard-boiled eggs



Sweet potato, green beans & smoked sausage



Salmon fish cakes & salad with jalapeño aioli

### TUESDAY



Yoghurt, nuts & fruit bowl



Salmon fish cakes & salad with jalapeño aioli



Cajun chicken & coleslaw

### WEDNESDAY



Green smoothie & two hard-boiled eggs



Cajun chicken & coleslaw



Honey garlic prawns with cauliflower celery rice

### THURSDAY



Yoghurt, nuts & fruit bowl



Sweet potato, green beans & tuna salad



Fennel pork cutlets with apples, onion & broccoli

### FRIDAY



Eggs with smoked salmon & avocado



Fennel pork cutlets with apples, onion & broccoli



Bolognese with zucchini noodles

### Additional meals & notes

**Snack (choose one per day):** 1 green apple with 2 tablespoons of almond butter, small tin of tuna or salmon with cherry tomatoes or cucumber, 1 celery stick with guacamole or chicken liver pate, handful of nuts and beef jerky or biltong.

**Weekend:** Enjoy leftovers from meal 5 as one of your weekend lunches. You can eat out on the weekend (see our suggestions) or come up with your own meals (follow our guidelines).



# WHAT YOU'LL NEED

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- **Kitchen equipment:** food processor (very helpful), blender (for smoothies), mixing bowls, large and small saucepan, frying pan or two.
- **Food storage:** Tupperware and ziplock bags in variety of sizes. We recommend a few small (snack size) bags, and a few medium and large ziplock bags.
- **Staples for the pantry:** coconut oil, olive oil, apple cider vinegar, fish sauce, tamari (wheat-free soy sauce), sesame oil, good quality mayonnaise, Dijon mustard.
- **Spices & dried herbs:** salt, black pepper, chilli powder, bay leaf, paprika, ground cumin, ground coriander seed, dried oregano, cinnamon, garlic powder or granules, onion powder or granules, smoked paprika (optional), mixed dried herbs (optional).

**We recommend stocking up on groceries on Saturday or Sunday morning and doing all your meal prep on Sunday.**

## SHOPPING LIST

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### FRESH PRODUCE

- 1 large brown onion
- 4 red/ Spanish onions
- 1 head of garlic cloves
- 1 small ginger root
- 1 long red chilli
- 1 small bunch of spring green onions/scallions
- 1 small bunch of fresh coriander (cilantro)
- 4 cups baby spinach leaves
- 4-5 cups mixed salad leaves
- 2 large sweet potatoes (400 g / 0.9 lb each)
- 300 g / 0.7 lb green string beans
- 3 medium carrots
- 5 medium celery sticks
- 1/2 medium cabbage
- 1 medium sweet red pepper (capsicum/bell pepper)
- 1/2 head of cauliflower
- 1 large head of broccoli
- 4 large green zucchinis
- 1 avocado
- 1 punnet of cherry tomatoes
- 1 long cucumber
- 9 lemons
- 1 lime
- 5 green apples (plus more for snacks if needed)
- 1/2 ripe pineapple
- 2 large bananas or 3 medium
- 1 punnet of strawberries
- 1 punnet of blueberries

### PROTEIN/COLD PRODUCE

- 13 free range eggs
- 600 g / 1.3 lb grass fed beef mince
- 4 medium chicken breasts (skin off or on)
- 350 g / 0.7 lb prawn meat (large shelled shrimp/prawns)
- 4 large pork cutlets (about 150-200 g / 6 oz each)
- 200-250 g / 0.5 lb smoked sausage such as kabanos or salami
- 300-350 g / 0.7 lb tinned tuna (2 medium cans)
- 450 g / 0.9 lb tinned wild salmon
- 2 1/2 cups plain, full-fat yoghurt ( 500 g / 17 oz)
- 150 -200 g / 6 oz smoked salmon or other fish

### PANTRY

- 1 teaspoon smoked paprika (regular is also fine)
- 1 teaspoon mild curry powder
- 3 teaspoons fennel seeds
- 400 g / 1 1/2 cups tinned diced tomatoes
- 2-3 tablespoons honey or rice malt syrup
- 1 small jar of pickled jalapeños
- 1/3 cup almond meal/ground almonds/almond flour
- 1 1/2 cup mixed nuts (almonds, hazelnuts, walnuts, brazil nuts)
- 3 tablespoons shredded, unsweetened coconut or coconut flakes
- 3 tablespoons dried cranberries
- 2 tablespoons pumpkin seeds

**PLUS make sure you have the staple ingredients we mentioned above.**

# MEAL PREP INSTRUCTIONS

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## 1 Prepare your space

Clear out your space in the kitchen and organise the groceries. Make sure you have room in the freezer and the fridge for all your meal prep.

## 2 Get the stove going

Preheat the oven to 200 C / 400 F. Fill up a large pot with water (halfway) and place over high heat to bring to boil.

## 3 Prepare sweet potato for lunches & fish cakes

- Peel and dice the sweet potato. Scatter in a large roasting tray, sprinkle with a teaspoon of sea salt and 2 tablespoons of olive oil.
- Mix through and place the tray on the middle rack of the oven for 15 minutes.
- At 15 minutes, stir the potatoes, and then cook for a further 10 minutes (25 minutes total).



## 4 Cook green beans for lunches and hard-boiled eggs for breakfasts

- Cut off the tails from the green beans (if in a pack, you can cut straight through packaging to keep them intact: see picture below). Add the beans to the boiling water and set the timer to 3.5 minutes.
- Then add 8 whole eggs (4 eggs if doing the challenge for 1 person).
- Remove the beans only and rinse under cold water. Set aside.
- Set the timer for 7 more minutes for the eggs to finish cooking. Rinse well under cold water and set aside to cool completely. Once cooled, store in a ziplock bag in the refrigerator for up to 6-7 days.



## 5 Chop up the smelly stuff

- Finely dice 1 large brown onion and 3 large cloves of garlic for Bolognese.
- Peel and grate 2 cloves of garlic. Peel and grate 1 tablespoon of fresh ginger. Add to a bowl for marinating the prawns.
- Finely dice 1 long red chilli. Save half for Bolognese sauce and half for the prawns.
- Finely dice a small bunch of green onions/scallions - 1/2 cup for the coleslaw, 1/3 cup for the fish cakes, 1/4 cup for the tuna salad (the latter can be done later in the week).



## 6 Prepare the vegetables for main meals



- Peel 3 medium carrots: 1 x finely diced for Bolognese sauce (set aside in a bowl), 2 x grated for coleslaw (add to a large mixing bowl).
- Prepare 3 medium celery sticks: 1 x finely diced for Bolognese (add to carrots), 1 x finely diced for cauliflower rice (add to a large ziplock bag or a container), 1 x thinly sliced for coleslaw (add to the mixing bowl). Use the rest for snacks.
- Cut half a medium cabbage into quarters and cut away the core. Then cut the quarters in half again and shred thinly. Add to the bowl with grated carrots and sliced celery.
- Cut 1 medium sweet red pepper (such as a pointy red or bell pepper/capsicum) in half and remove the seeds, then slice thinly and add to the coleslaw.
- Cut 1 apple into quarters and remove the core. Slice into thin matchsticks. Add to the coleslaw.
- Add 1/2 cup of chopped green onions/scallions to the coleslaw bowl. Mix everything together (don't add any salt or seasonings) and transfer to a ziplock bag or a large container. Push the air out of the bag and seal tightly. Label and place in the fridge.



- 6 • Cut half of the cauliflower head into small florets. In batches, add cauliflower to a food processor with an S-blade on and blitz a few times until ground-up into small crumbs (but not too fine). Add ground up cauliflower to a ziplock bag or a container together with diced celery and a handful of fresh coriander (without chopping it). Push the air out of the bag, then zip tightly and label. Put in the fridge.



- 7 Check on sweet potato and the eggs in the meantime. Once the sweet potato is cooked, remove from the oven and set aside to cool.

## QUICK CLEAN UP

### 8 Make Bolognese sauce

#### Ingredients (most pre-chopped)

- 1 tablespoon coconut oil
- 1 medium brown onion, finely diced
- 1 medium carrot, diced into small cubes
- 1 celery stick, diced into small cubes
- 600 g / 1.3 lbs grass-fed beef mince
- 3 large cloves garlic, finely diced
- ½ long red chilli, finely diced
- 1 teaspoon salt
- 1 teaspoon paprika powder
- ½ teaspoon black pepper
- 1-2 bay leaves
- 1 tablespoon fish sauce (optional)
- 400 g / 1 1/2 cups tinned diced tomatoes
- ½ cup water



Cook  
30 mins



Serves  
4

Heat coconut oil in a large heavy pot over medium-high heat. Add the onion, carrots and celery and sauté for 3-4 minutes, until softened and slightly golden.

Add the beef mince and turn the heat to high. Stir through and break the mince apart with a spatula for a few minutes, until the meat changes colour.

## 8 Make Bolognese sauce - continued

- Add garlic, chilli, paprika, salt, pepper, bay leaf and fish sauce, if using. Stir through and then add tomatoes and water. Stir through and bring to boil, then cover with a lid and cook over medium-low heat, covered, for 20 minutes. Stir through a couple of times.
- You can cook this sauce for longer for deeper flavour. If using a slow cooker, do the first few steps on the stovetop and once all ingredients are in, transfer to the slow cooker and cook for 2-3 hours on HIGH, 4-5 hours on MEDIUM or 6-8 hours on LOW.
- Let the sauce cool off, then pack in a container or a ziplock bag, seal and label.

### Store in the freezer.

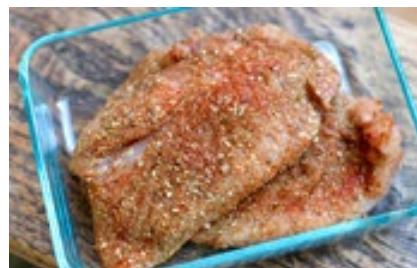
Once the sauce is under way and cooking, get back to tasks below.

## 9 Marinate meat & seafood for main meals

- **Chicken for Tuesday:** Place the chicken breasts on a chopping board and cover with some baking paper. Pound the meat with a mallet or a rolling pin to tenderize it (especially the thicker part) and ensure uniform thickness.

Mix the rub seasoning: 1 teaspoon each of ground cumin, sweet or mild paprika, sea salt, dried oregano, ground coriander seed powder, cayenne or red chilli pepper, garlic powder, onion powder (optional). Rub the chicken pieces.

Put the chicken pieces in an airtight container or a ziplock bag, seal, label and store in the refrigerator.



- **Prawns for Wednesday:** Add 2 chopped cloves of garlic, 1 tablespoon of grated ginger and 1/2 diced long red chilli to a mixing bowl (already done). Combine with 3 tablespoons tamari sauce, 1 tablespoon honey or rice malt syrup, 1 teaspoon sesame oil (or olive oil), and mix through. Add 300-400 grams / 0.6-9 lb of peeled prawns (tails intact or off) and mix through. Transfer the prawns and the marinade to a ziplock bag or a container, seal tightly and label. **Store in the freezer until Tuesday night.**



## 9 Marinate meat & seafood for main meals - continued

- **Pork for Thursday:** Similarly to the chicken breasts, pound and tenderise 4 large pork cutlets (about 150-200 grams / 6 oz each) or steaks. Then season with 2 teaspoons onion powder or granules, 2 teaspoons garlic powder or granules, 3 teaspoons dried fennel seeds, 1 teaspoon sea salt, and 1 teaspoon chilli flakes or black pepper. Place in a ziplock bag or a container, seal, and label. **Store in the freezer until Wed night.**



## QUICK CLEAN UP

## 10 Pack lunch for Monday and Thursday

- You can pack lunches for Monday only, and store the rest of the sweet potato and green beans separately until the evening before Thursday.
- **Monday lunch:** Per serving, pack about 1/2 to 2/3 cup of roasted sweet potatoes, large handful of cooked green beans, 4-5 cherry tomatoes, 100-120 grams sliced smoked sausage (or good quality ham or turkey chicken meat).
- **Thursday lunch:** Per serving, pack about 1/2 to 2/3 cup of roasted sweet potatoes, large handful of cooked green beans, 4-5 cherry tomatoes, 100-120 grams tinned tuna mixed with 3-4 finely diced pickled jalapeños, handful of green onion and a tablespoon of mayonnaise.



## 11 Make the salmon and sweet potato fishcakes

- Add 1 and 1/3 cups of roasted sweet potato to a bowl and mash together with a fork or a potato masher. Drain the salmon (about 400-450 grams / 0.9 lb) and remove any large bones (don't worry about the little ones). Add to the sweet potato together with 1/4 cup green onion, 1 egg, generous pinch of pepper and salt. Mix together really well, then add 1/3 cup of almond meal (or other type of nut meal) and mix through. You can use a food processor to mix everything, which will result in smoother consistency (see pics). Smoother batter requires more gentle flipping while cooking.

**11****Make the salmon and sweet potato fishcakes - continued**

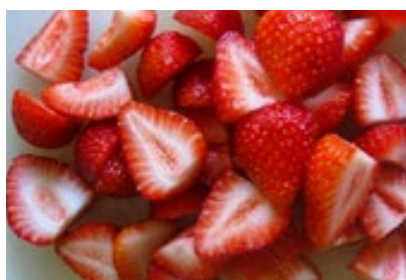
- Heat a large dollop of coconut oil in a frying pan or a skillet over medium-high heat. Add 5-6 fish cakes to the pan (about 1 large tablespoon of the mix per fish cake), keeping a little space between them. Cook for 2-3 minutes each side, turning over gently. Store in a container between sheets of paper towel. Allow them to cool first, before putting in the fridge.

**12****Prepare the salad dressing for the coleslaw**

- In a mixing bowl or a small blender, combine together ¼ cup mayonnaise, ¼ cup yoghurt (coconut or regular milk), 1 teaspoon Dijon or yellow mustard, 3 tablespoons olive oil, juice of ½ lemon, generous pinch of salt, 1 teaspoon of honey or rice malt syrup, pinch of pepper. Whisk together well and store in a jar in the fridge. Whisk together again before adding to the salad.

**13****Prepare the fruit for green smoothies**

- Peel and dice ½ of ripe pineapple into small cubes. Wash about 12-15 strawberries, cut away the tails and cut in halves. Pack 4 small ziplock bags with 5-6 pineapple cubes and 3 strawberries per serve. Store in the freezer.

**ALMOST THERE!**

## 14 Prepare the breakfast nut mix

- 1 ¼ cup mixed nuts (almonds, hazelnuts, walnuts, brazil nuts)
  - 2-3 tablespoons shredded, unsweetened coconut
  - 2 tablespoons pumpkin seeds
  - 2-3 tablespoons dried cranberries
  - ½ teaspoon cinnamon
- Add the nuts to a food processor fitted with an S-blade and blitz a few times until slightly ground up. You can also chop them by hand.
- Add nuts and the rest of ingredients to a clean frying pan (no oil required) and mix through. Place over medium heat and cook for about 3-4 minutes, stirring every 15 seconds to ensure even toasting and to prevent from burning.
- Transfer the toasted mix to a large plate to cool down and then divide between 4 containers or ziplock bags, or store in one larger jar.



## HERE IS WHAT YOU SHOULD HAVE READY

### KEEP IN THE FRIDGE

- Sweet potato & salmon fish cakes for Monday. Make salad and sauce before serving.
- Packed lunch for Monday.
- Marinated chicken breasts and premade coleslaw and dressing for Tuesday.
- Cauliflower & celery rice for Wednesday.
- Packed lunch for Thursday or ingredients stored separately to be assembled later in the week.
- Breakfast nut mix (in the pantry is fine).

### KEEP IN THE FREEZER

- Frozen pineapple and strawberries for breakfast smoothies.
- Marinated prawns for Wednesday. Defrost the prawns on Tuesday night.
- Marinated pork for Thursday. Defrost the cutlets on Wednesday night.
- Bolognese sauce for Friday. Defrost the sauce on Thursday night.



**MONDAY**



# MONDAY

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## **BREAKFAST** Tropical Green smoothie & hard-boiled eggs.



- To make a smoothie, blend the following per serve: ½ banana, 1 packet of frozen pineapple and strawberries, 2/3 cup packed with spinach leaves, 1 tablespoon lemon juice, ½ cup water. Add more water if needed.
- Peel and halve the eggs. Sprinkle with salt and pepper, and some hot sauce or Sriracha sauce if you like.

## **LUNCH** Sweet potato with green beans and smoked sausage



- You can drizzle some olive oil, lemon juice and sea salt over green beans.

## **DINNER** Sweet potato & salmon fish cakes with salad and jalapeño aioli

- Reheat half of the fish cakes in the oven or a frying pan.
- Mix together 5 cups of mixed salad leaves with 1 diced cucumber. Pack half of the salad for lunches and drizzle the rest of lemon juice and olive oil.
- **Make aioli:** 1/3 cup mayonnaise, 1 garlic clove finely grated or diced, 1 tablespoon lemon juice, 5 pickled jalapeños finely diced (or a few capers).
- Serve 3-4 fish cakes per person, with a large serving of salad and a tablespoon of aioli on the side.

**TUESDAY**



# TUESDAY

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## **BREAKFAST** Yoghurt with nut mix and fruit

### Per person:

- ½ cup of full-fat, unsweetened yoghurt (about 120 g / 4 oz.)
- ½ cup nut & seed mix
- handful of blueberries
- 3 strawberries, halved



## **LUNCH** Leftovers from Monday night



## **DINNER** Cajun Chicken & Coleslaw

- Take the chicken out of the fridge and leave out for about 5 minutes at room temperature.
- In the meantime, combine the coleslaw with the salad dressing. Use your hands to mix the salad to make sure the dressing is distributed evenly.
- Heat a dollop of coconut oil in a large frying pan. Add the chicken breasts (you can do 2 at a time if the pan is small). Cook for 4 minutes each side over medium-high heat. Rest for a minute, then slice and serve with a large helping of the coleslaw.

## **EVENING PREP**

- Pack the remaining coleslaw and chicken (1 chicken breast per person) in lunch box for the next day. Take the prawns out of the freezer and defrost in the fridge overnight.

**WEDNESDAY**



# WEDNESDAY

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**BREAKFAST** Green smoothie & hard-boiled eggs (see Monday)



**LUNCH** Leftovers from Tuesday night



**DINNER** Honey garlic prawns & cauliflower rice

- Remove the prawns into a fine sieve and strain the marinade juice into a bowl.
- Heat a large skillet/frying pan over medium-high heat. Add a dollop of coconut oil. Once hot, add the prawns and spread around. Cook for 2 minutes, stirring a few times. Then add the remaining marinade, an additional tablespoon of tamari sauce and 1 more teaspoon of honey. Stir through over high heat for another minute, until slightly sticky and caramelised.
- In the meantime, heat another frying pan with some olive oil or coconut oil (about a tablespoon or two). Add the cauliflower, celery, and chopped coriander/cilantro. Season with a generous pinch of salt and add about a teaspoon of mild curry powder. Stir through over medium-high heat for about 2 minutes, until just slightly cooked through. Finally drizzle with the juice of ½ lime.
- Serve the prawns over cauliflower rice with a side of hot sauce.

## EVENING PREP

- Assemble lunch boxes if not already done. Defrost the pork cutlets in the fridge for Thursday dinner.



**THURSDAY**

# THURSDAY

## BREAKFAST Same as Tuesday



## LUNCH Same as Monday with tuna



## DINNER Fennel pork cutlets with apples, onion & broccoli

### For apples & Onions

- 3 medium apples (we used Granny Smith), cored and sliced into wedges (6 wedges per apple)
- 2 medium red onions, also sliced into thin wedges
- 1 tablespoon coconut oil

### For broccoli

- 1 head of broccoli, cut into small florets
- 2 cloves garlic, sliced
- 3-4 tablespoons olive oil
- ½ lemon
- pinch of salt

- **Prepare the apples and onions.** Heat coconut oil in a large frying pan over high heat. Once hot, reduce the heat to medium-high. On one side scatter the apple slices, flat side down. On the other side, layer the onion wedges. Cook for 2 minutes on each side, until browned and softened. Remove to a plate. Depending on the size of your frying pan, you might need to do this in batches or use two frying pans.
- **Cook the cutlets.** Add coconut oil to the frying pan and make sure it's nice and hot. Add the cutlets, two at a time if needed to avoid overcrowding, and cook on medium-high heat for 4 minutes each side. Let them rest for a minute before serving.
- **Prepare the broccoli.** While the cutlets are cooking, bring a pot of water to boil. Add the broccoli and cook for 2 minutes, or until just tender. Drain and leave in the strainer. Place the pot back on the heat and add the olive oil and the garlic. Cook over medium heat for just one minute, until the garlic is fragrant and slightly golden. Add back the broccoli, drizzle with lemon juice and sprinkle with a little salt, if you wish. Stir through to coat the broccoli in the oil.
- Serve the cutlets with apple and onion on top, broccoli on the side and hot mustard as a condiment.

## EVENING PREP

- Defrost Bolognese sauce in the fridge overnight.





**FRIDAY**

# FRIDAY

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## **BREAKFAST** Eggs with smoked salmon and avocado

- **Per person:** 2 eggs (prepared any way you like), 1/3 avocado (sliced and drizzled with lemon juice, sprinkle of salt and your favourite herbs), 50-100 g / 1.5 -3 oz. smoked salmon or other fish such as mackerel or sardines. 2 rashers of crispy bacon can be served as an alternative.



## **LUNCH** Leftovers from Thursday night



## **DINNER** Bolognese with zucchini noodles

- Reheat and serve Bolognese over shaved zucchini ribbons or spiralized zucchini noodles. We usually serve 1 large zucchini/courgette per person. Simply pan-fry zucchini noodles in a little olive oil and sea salt for about a minute or two, just to heat through. You can also make some sweet potato or pumpkin mash or steam some green vegetables. Finely diced, lightly cooked cauliflower can be used instead of rice with this sauce.



## OTHER BREAKFAST OPTIONS

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- Grilled mushrooms with eggs and spinach
- Omelette with different fillings
- Chia & berry pudding or a protein smoothie
- Sausage & eggs with a side salad
- Bacon with sweet potato and veggies



## OTHER LUNCH OPTIONS

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- Grilled chicken & avocado salad
- Tinned sardines or tuna & avocado salad
- Tinned artichokes & sliced ham with salad
- Beetroot, walnuts & goats cheese salad
- Asian chicken or Thai beef salad
- Asian stir-fries without the rice
- Bunless burgers with a salad



## DINING OUT OPTIONS

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- Grilled fish and salad or vegetables (ask to replace chips or potatoes).
- Steak and vegetables or salad.
- Bunless burger with salad, extra bacon and avocado (ask for sweet potato fries if they have them).
- **Japanese:** Sashimi plate, seaweed salad, steamed or vegetable stir-fries, grilled meats.
- **Italian:** Go for main dishes (Chicken Cacciatore) or appetisers (buffalo mozzarella salad).
- **Greek:** Grilled calamari, octopus or souvlaki and Greek salad.
- **French:** Most main dishes can be tailored; simply ask for protein with vegetables or salad (certain sauces are okay).
- **Mexican:** Naked burrito bowl or salad – grilled meat, lettuce, tomatoes, salsa, avocado, grated cheese or sour cream are okay in small amounts.

## SO, WHAT'S NEXT?

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If you're following this meal plan as part of our live challenge, we recommend doing your shopping on Saturday and doing the meal prep on Sunday before we begin.

Of course, you can also do this meal plan whenever you like. If you want to start on a different day than Monday, simply do your meal prep the day before you commence.

You can substitute ingredients based on your own dietary requirements and seasonality. For example, brussels sprouts or other greens can be used instead of broccoli; other fruits can be used instead of berries for breakfast or in smoothies; Bolognese can be made with minced pork, lamb or chicken. Tuna salads can be made with chicken. You get the picture!!!

We've tried to keep it simple and accessible, but if you have any questions or if we've made a mistake, please let us know in our [Facebook community group](#).

## JOIN OUR FACEBOOK GROUP

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Don't forget to join our [Facebook group community](#). Having the support of the group and our coach will give you the motivation and accountability to stick to the plan 100 per cent. We love seeing what you make, so share your pictures and stories with us on Facebook or Instagram (use #happybodyformula or tag us @happy\_body\_formula).

## 9-WEEK HAPPY BODY FORMULA PROGRAM

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Seven days is a great start! You will see positive results. Now, imagine if you did this for longer. Imagine having your own dedicated coach, supportive team, meal plans, recipes and shopping lists with you for 9 weeks. Plus insightful articles from our world-renowned wellness experts, weekly and daily challenges, giveaways and your own food and exercise tracking app.

**Sounds fun?** Then come and join our **full 9-week [Happy Body Formula program](#)**. Get \$10 OFF with our special discount code: **SPECIALGUEST10OFF**

**THE POWER OF REAL FOOD. 9 WEEKS TO CHANGE YOUR LIFE.**



**LEARN MORE ABOUT HAPPY BODY FORMULA PROGRAM**

## MEET THE HAPPY BODY FORMULA TEAM

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Irena is a co-founder of the Happy Body Formula program, an acclaimed food blogger, and an internationally published cookbook author. She uses all-natural ingredients to produce delicious recipes that promote wellness and longevity. Irena designed the meal plan and recipes for this challenge.



Seb is a co-founder of the Happy Body Formula. He also founded the iOS MyPaleoPal, which has now been rereleased as the Happy Body app. He is passionate about nutrition and how technology can help us become healthier and stronger.



Alex is the official coach and community manager at the Happy Body Formula, and our main content editor. Trained as a nutritional therapy consultant with the Nutritional Therapy Association, Alex has guided hundreds of people through real food and lifestyle challenges. Alex loves real food, thrift shopping, vinyl, kettlebells and dogs.



Adrien is a co-founder of the Happy Body Formula and the MyPaleoPal app (now Happy Body app). Passionate about technology from childhood, he aims to change the world with a few lines of code. He is dedicated to your e-happiness!

## ARE YOU READY TO MEAL PREP LIKE A BOSS?