

*Every Day Healthy* 

**MODULE 1**  
*meal plan*

*the* **raw**  
**food** *kitchen*

## Every Day Healthy Module 1 Meal

Here is your Module 1 Week 1 Every Day Healthy Meal Plan!

Please read this before you get started for the week and get familiar with the recipes. Refer to the Meal Prep and Time Saver Tips sheet before you get started to help make your week a breeze.

Use the Meal Plan as little or as much as you like, but do make the BREAKFASTS as this is what we are focusing on mastering this week.

The lunches and dinners are simple and not too far removed from standard every day fare with the exception of them being free from gluten, dairy, and processed foods.

If you want to go completely Vegan during this time please substitute animal protein for tofu, tempe and add in additional high protein vegetables where you can (chia, kale, nuts, seeds, flax, hemp, spirulina)

By simply eating clean and adding in your plant based breakfasts you will start to feel the difference from Week 1!

ENJOY!

**Daily Detox:**

Lemon & Hot Water drink upon rising

**Snack Options:**

Organic Dark Chocolate - 2 squares. OR  
Organic Cheese & Gluten Free Crackers.  
OR Protein Shake

	breakfast	lunch	dinner
monday	Hero Recipe #1: Beauty Muesli with Cashew Milk	Save your ass meal prep: Roasted Vege & Egg Salad with Quinoa & Chickpea	Lentil & Kumara Shepherd's Pie
tuesday	Beauty Muesli with Cashew Milk Leftovers	Roasted Vege & Egg Salad Leftovers	Lentil & Kumara Shepherd's Pie Leftovers
wednesday	Beauty Muesli with Cashew Milk Leftovers	Roasted Vege & Egg Salad Leftovers	Asian Glazed Tofu Salad with Chilli, Red Cabbage & Mint  <b>TIP:</b> If you are busy the next morning, pre-make your Hero #2 breakfast this evening, so all you need to do is heat and serve and you are good to go!
thursday	Hero Recipe #2: Turmeric Chia & Quinoa Porridge with Caramelised Bananas & Cashews	Asian Glazed Tofu Salad with Chilli, Red Cabbage & Mint Leftover	Cheesy Vege Bake with Pan Fried Chicken & Quinoa
friday	Turmeric Chia & Quinoa Porridge with Caramelised Bananas & Cashews Leftovers	Cheesy Vege Bake with Pan Fried Chicken & Quinoa Leftovers	<b>Your choice!</b> The rule to follow is the 80/20 rule. 80% plants on your plant (this can include a mix of gluten free grains, mixed salad leaf, your favourite veggies. 20% of what you fancy on your plate (this can be a choice of vegan protein, animal protein or other).  For example if you are eating out: Choose your meal - scan for a healthy option like fish or something grilled or a gluten free pizza no cheese and order a large salad. If you are having alcohol, stick to 1 glass!
Saturday	Paleo One Pot Breakfast	Smoked Salmon Paleo Sandwich	Miso Soup
Sunday	Protein Detox Smoothie	Smoked Salmon Paleo Sandwich	Miso Soup Leftovers

## Meal Prep & Time Saver Tips:

### Saturday:

- Grab the shopping list and do the shop.
- Pre-prepare the roast veggies, quinoa, and chickpea for your lunch Mon, Tues, and pop in fridge in separate containers. This is a great recipe for saving your ass when you are short on time during the week.
- Steam 1 whole head of broccoli, cut up into florets first though! Steam for 1 minute, rinse under cold water, drain, allow to cool, place in container and pop in the fridge.
- Boil 6 eggs - 7 minutes, drain under cold water, allow to cool and place in a container in the fridge.
- Soak nuts and seeds for Hero #1 breakfast.

**TIME GUIDE:** Shopping should take 1/2 hour to 40 minutes. Meal prep for Saturday should take 45 minutes - 1 hour.

### Sunday:

- Make and cook the lentil pie, allow to cool, cut up into 4 serves, place in container and pop in the fridge.
- Make the cashew milk for Hero #1 breakfast.
- Make the Hero #1 breakfast and allow to set up in fridge overnight.

**TIME GUIDE:** Meal prep for Sunday should take 1 hour and 45 minutes.