



BONUS
7 Day
Immunity Boosting
Meal Plan

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Immunity Boosting eBook

My top tips to boost your immunity all from the comfort of your home!



G'day!

I hope you are taking care of yourself during such a challenging time,
I truly mean it when I say boosting our immunity has never been
more important and I sincerely hope this educational eBook helps.
In this eBook we will be focusing on 7 key areas...

- Staying active
- Staying hydrated
- Supporting your gut health
- Focusing on immune boosting nutrients
- Eating immune boosting foods
- Decreasing stress levels
- Improving sleep

Education alone isn't enough. Knowledge is only power when it
becomes action. Let's stay strong together.

Love

Saim xx



Stay Active

In a time where we are likely to lose our structure, our routine or even access to our favourite gym , it is easy to understand why keeping active could be the furthest thing from your mind. What you need to realise is that exercise is a natural immune booster. Regular, moderate intensity activity helps flush out the bad cells and strengthen the good ones and this is what your body needs right now.

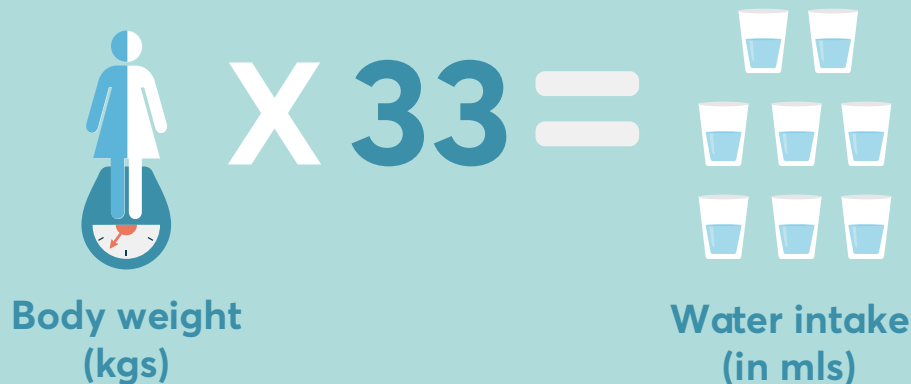
Give this at home workout a go



Hydration

This is one that I can't stress enough! Staying hydrated helps your immune system function efficiently and I always say that if you think of food as the fuel you to keep your engine/body going then you should think of water as the oil. That engine, that body and immune system will not function as well as it can if you are dehydrated. Drinking more cups of water a day or increasing your consumption of herbal teas like chamomile, green tea or dandelion are great ways to stay hydrated and give you a sneaky immune boost at the same time. Water is vital for our detoxification processes and helps to flush any toxins or pathogens out of our body.

As a general rule we say to aim for a minimum of 2 litres of water per day but to figure out your individual requirements here is a formula for you to follow:


$$\text{Body weight (kgs)} \times 33 = \text{Water intake (in mls)}$$

Bonus points for drinking filtered water to ensure you're getting the cleanest water possible.

Things that contribute towards hydration:

- Water
- Herbal teas
- Pure coconut water

Things that don't contribute towards hydration:

- Coffee
- Caffeinated teas (including black, green and white teas)
- Soft drink and energy drinks
- Alcoholic beverages

Fruits and vegetables with a high water content can also boost your hydration status - one of many reasons to eat plenty of fresh produce.



Cucumber
97% Water



Iceberg Lettuce
96% Water



Tomatoes
95% Water



Broccoli
92% Water



Watermelon
92% Water



Oranges
87% Water



Raspberries
87% Water



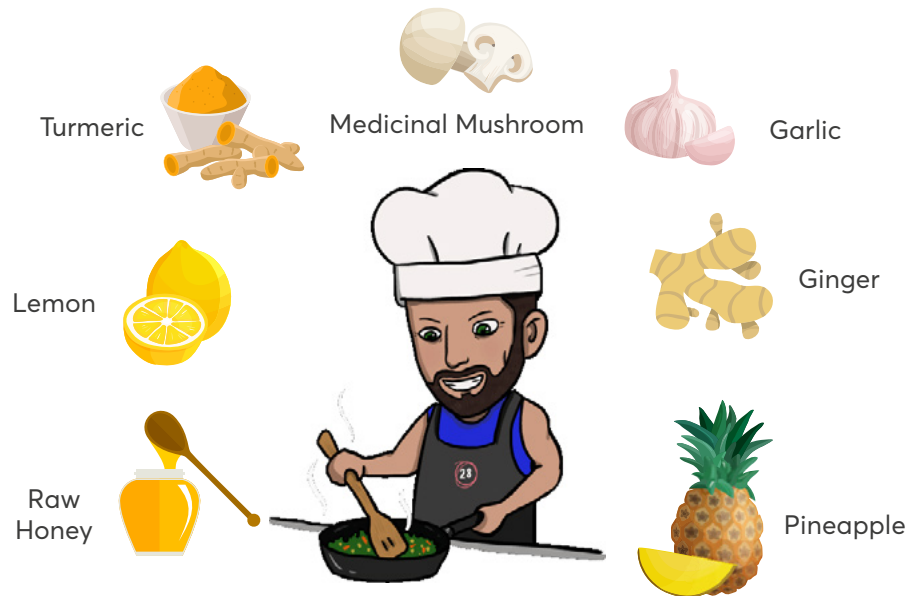
Strawberries
91% Water



Pineapple
87% Water

Immune Boosting Foods

They say you are what you eat, so while eating well is important all year round it's even more essential during times like this. Focus on having plenty of nutrient-rich food like veggies and fruit and balance your diet with whole grains and lean protein. Go for ingredients that have immune boosting properties, whether they're antibacterial, antimicrobial or antiviral, try including some of the following into your diet.



Not to mention all of the foods that contain immune boosting nutrients that have been outlined above. My Anti-Inflammatory Turmeric Tea is one of my favourite way to kick-start the day.



Anti-inflammatory Turmeric Tea

Ingredients

- 2 cups water.
- 1/2 teaspoon ground turmeric.
- 1 teaspoon grated ginger.
- 1 teaspoon rice malt syrup.
- 1 tablespoon lemon juice.

Method

1. Add all ingredients besides the lemon juice to a small pot on medium heat.
2. Allow the tea to simmer lightly for 5-10 minutes.
3. Take pot off the heat and stir through the lemon juice.
4. Strain tea through a sieve and into two glasses.



Immune Boosting Nutrients

While all nutrients play an important role in our overall health, these are some key nutrients you want to be consuming and where to find them:

Vitamin A



Ghee, butter, eggs and cheese, as well as animal organ meat like lamb or chicken liver. leafy green vegetables, along with orange fruit and vegetables.

Vitamin C



Citrus fruits (orange, lemon, lime, mandarin, grapefruit), berries, red capsicum and kiwi fruits. Vitamin C is heat sensitive, so to get the most of this nutrient aim to have these foods in their raw form.

Vitamin D



Foods such as fish, seafood, pork and eggs also may contain very small amounts of vitamin D so it can be good to incorporate these to boost our overall levels.

Vitamin E



Sunflower seeds, sesame seeds), nuts (almonds, hazelnuts, brazil nuts, pecans), olives and extra-virgin olive oil, salmon, nori seaweed, avocado and sundried tomatoes.

Zinc



Oysters, meat, sundried tomatoes, seeds (such as pumpkin seeds and sunflower seeds), nuts (especially cashews, pine nuts, brazil nuts and pecans) and cacao powder.

Simple Swaps!

When you can't find an ingredient, it's easy to replace with something else

Pasta



Noodles or a whole grain



Brown Rice



Another whole grain (quinoa, buckwheat, millet, amaranth)



Canned beans



Dried beans



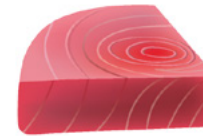
Frozen Veg



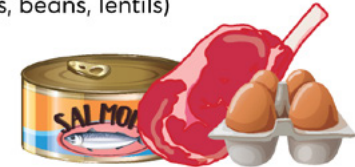
Fresh veg (buy and freeze)



Tuna



Canned salmon, mackerel or sardines
(or alternate protein source: meat, fish, eggs, beans, lentils)



Pasta sauce



Fresh tomatoes and/or olive oil



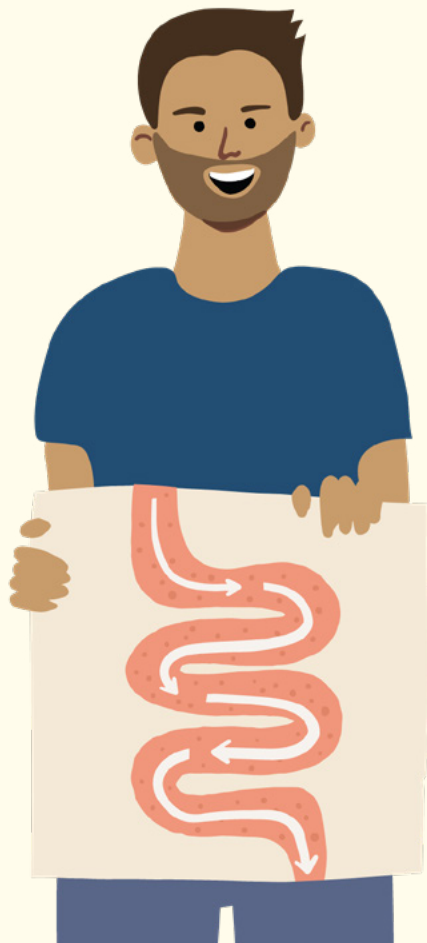
Long life milk



Plant milk (coconut, oat, almond, organic soy)



Gut Health



Gut Health has gained plenty of momentum in recent years as essential to our overall health and now more than ever before we have a greater understanding of its importance.

Why? Our bodies are packed full of trillions of bacteria, but we need the right balance of both good and bad to produce essential nutrients and for proper digestion to take place.

Around 70% of our immune system is found in the gut and our gut health has a huge impact on our overall health status. Take care of the gut to boost your immunity and ensure you're maximising your nutrient intake from the foods you're eating.

Ways to support gut health:

- Follow a real food diet
- Eat the rainbow to get plenty of variety
- Avoid processed foods
- Remove inflammatory foods*
- Consume plenty of dietary fibre
- Include pre and probiotic foods

*Inflammatory foods include processed deli meats, soft drink, vegetable oils, fried foods and refined sugars.

Have you tried some of my favourite Gut Health friendly recipes yet?





Gut Lovin' Raspberry Chia Pot

Serves 3 **Preparation** 10 mins **Refrigeration time** 3 hrs

Ingredients

1/3 cup raspberries fresh or frozen
3/4 cups chia seeds
2 1/4 cups full-fat milk
1/2 lemon juiced
1 green apple small, grated
1 teaspoon ground cinnamon
1/2 teaspoon vanilla extract

To serve

1 tablespoon natural yoghurt full fat
2 tablespoons almonds roughly chopped
1/2 kiwifruit

Method

1. Gently mash berries until they form a puree.
2. Mix together berries and remaining ingredients (except for the yoghurt and almond) in a bowl or glass jar.
3. Slice the kiwifruit thinly and place around the bottom inside of the glass jars, as a little decorative flourish, and now it's ready for the chia pudding.
4. Carefully divide chia pudding into 3 separate jars (try not to disturb the kiwifruit) and store in the fridge ready for breakfast.
5. Refrigerate for at least 3 hours or overnight (but give it a gentle stir 20 minutes after refrigerating to ensure it sets evenly and the apple doesn't sink to the bottom).
6. When the pudding is ready to eat, add 1 tablespoon of natural yoghurt and 2 tablespoons of chopped almonds on the top of each jar.
7. Enjoy!



Ginger Salmon with Box Grater Slaw

Serves 1 **Preparation** 15 mins **Cook** 6 mins

Ingredients

1/4 lemon(s) juiced
1 teaspoon(s) ginger (fresh) minced
1 clove(s) garlic minced
1/2 teaspoon(s) olive oil (extra virgin)
100 g salmon fillet(s) skin on (cook all the way through if pregnant)
salt & pepper to taste

Ingredients for Box Grater Slaw

1/2 beetroot (baby) grated
1/2 cup(s) broccoli grated
1/4 onion (red) grated
1/3 zucchini grated
1/3 carrot(s) grated
1 tablespoon(s) almonds (raw and unsalted) roughly chopped
1 teaspoon(s) olive oil (extra virgin)

Method

1. Place the lemon, ginger, garlic and olive oil into a zip lock bag. Add the salmon into the bag and move around to coat in the dressing. Allow to sit and marinate for 10 minutes.
2. Meanwhile, prepare your slaw by combining all of the ingredients together in a bowl.
3. Remove the marinated salmon from the zip lock bag and return the frying pan to medium heat. Squeeze out the excess dressing from the ziplock bag into the pan to coat. Add salmon, skin down, and cook for 2-3 minutes. Flip over and cook for a further 2-3 minutes until salmon is cooked to your liking.
4. Serve the salmon on a plate with the slaw and season to taste.

Method for Box Grater Slaw

1. Using a box grater or mandolin, grate the broccoli, carrot, onion, zucchini and beetroot into a large salad bowl. If you have an extra juicy zucchini, squeeze out the extra liquid before adding to the slaw.
2. Preheat a non-stick frying pan or skillet over medium heat. Add in almonds and toast for 2 minutes, tossing regularly until lightly brown. Add into the slaw with the lemon juice and olive oil and toss to combine all the ingredients.



Rainbow Rice Salad & Golden Glow Dressing

Serves 1 Preparation 5 mins Cook 10 mins

Ingredients

1 teaspoon(s) coconut oil (extra virgin)
1 tablespoon(s) coconut flakes
1 cup cabbage (red) shredded
1 buk (bok) choy tough ends removed
1/2 tablespoon(s) tamari (or soy sauce)

Ingredients for Box Grater Slaw

1/4 teaspoon(s) turmeric (ground or fresh)
1/2 teaspoon(s) ginger (ground)
1 teaspoon(s) tahini
1/2 teaspoon(s) sesame oil
1 teaspoon(s) apple cider vinegar
1.5 tablespoon(s) water warm
salt & pepper to taste

Method

1. Cook basmati according to packet instructions.
2. Combine ingredients for Golden Glow Dressing in a jar or small bowl. Mix and set aside.
3. Heat coconut oil in a large skillet over a medium-heat and add in coconut flakes to toast. Stir around the pan for 2-3 minutes, ensuring it doesn't burn.
4. Add in the cabbage and cook for 3-4 minutes, then add in the bok choy and cook for 2 minutes until wilted. Add cooked basmati and tamari to the pan and stir to coat, cook until rice is heated through.
5. Drizzle with Golden Glow Dressing to serve.



Keep It Clean

Don't forget to keep it clean – both your diet and your home! I know it sounds simple, but keeping clean and soaping up your hands regularly is a must when germs are in the air. Viruses are passed from person to person, so avoid those germs by focusing on good hand hygiene, especially after being in shared office spaces and touching things everyone else does, like door handles and fridges, etc. Give your benches a good wipe down each morning before you start your day and make sure that your home is getting plenty of fresh air throughout.

Have you tried my Beets & Greens Cleansing smoothie yet? We've combined all of those liver-loving veggies in one to create the ultimate immune boost! Beets are a favourite of ours, containing betaine, which helps liver cells to eliminate those nasty toxins.

Beets & Greens Cleansing Smoothie

Ingredients

- 1 beetroot, scrubbed and chopped.
- 1 cucumber, chopped.
- 1 cup silverbeet, chopped.
- 2 stalks celery.
- 1 1/2 cup coconut water.
- 1 tablespoon chia seeds.
- 1 lemon, juiced.
- 1 2cm knob of ginger, fresh.
- 1 cup ice cubes.

Method

1. Place all ingredients into a high-speed blender and blitz on high until smooth.





Sleep

While most people load up on vitamin C to boost their immunity, they often overlook the importance of sleep. When you sleep, your body produces and releases cytokines, a type of protein that targets infection and inflammation. So, if you're sleep-deprived your body is less equipped to battle an illness.

Ways to optimise sleep:

- Sleep in a dark room
- Minimise distractions and outside noises
- Switch technology off an hour before bed

It's said that the hours before midnight are when we get the best sleep, aim to have an early night to make the most of this and ensure you're getting deep, restful sleep.

⚡ Stress ⚡

Stress. It's a term that can be thrown around flippantly but it's something we all experience at different times.

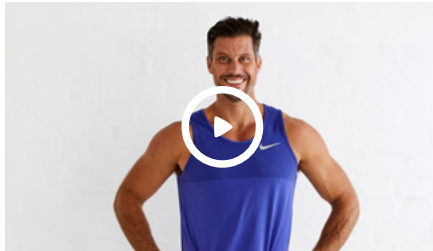
We all strive for a "stress-free life" but, if truth be told, a little bit of stress isn't always a bad thing; for example, deadline stress can be a useful source of motivation to get things done.

When we're stressed and our body is in a state of fight or flight, our primary focus is on survival. As a result our immune system becomes suppressed and isn't able to function to the best of its ability. These are my top tips to help you de-stress

De-stress tip 1: Exercise!

Exercise releases those feel-good endorphins we so desperately need, and physical activity can also serve as a distraction from the everyday stresses of life.

Give this beginner workout a go



De-stress tip 2: Practice mindfulness

As someone who is always "go, go, go", ensuring I take at least five minutes out of my day to commit to my mindfulness practice is not just important, it's necessary. This was a gradual process and certainly not something that came naturally to me so don't worry if it seems a little strange at first. Whether it's yoga, listening to a podcast or using a mindfulness app, taking time to switch off is something I make part of my daily routine because I know it is important for my overall wellbeing.

De-stress tip 3: Go tech-free


Put down the device & switch off for a while

I always tell my 28ers that technology can be your best friend, or your worst enemy. If you find yourself feeling stressed about the number of emails in your inbox or what other people are getting up to on social media – it's time to switch off and reset.

De-stress tip 4: Nourish your body

Increase the amount of fresh & healthy foods in your diet

Drinking enough water, eating fresh, quality foods full of antioxidants can also have a huge impact on your mental wellbeing, not just your physical. Give this **Stress Busting Smoothie** a try next time you're needing to unwind. It's high in antioxidants, Vitamin B and magnesium to help bring those stress levels down.

	Ingredients
	<ul style="list-style-type: none">1 1/2 cup coconut water.1/2 cup frozen blueberries.1/2 avocado.1 tablespoon raw cacao powder.2 handfuls of baby spinach.
	Method
	<ul style="list-style-type: none">1. Place all ingredients in a high-speed blender and blend until smooth.

Never underestimate the power of feeding your body the right fuel and avoiding things that produce physiological stress, such as cigarettes and alcohol. Your body (and your mind) will thank you for it.

Do something that you enjoy and gives you some time out from your busy day to focus on you and relax your nervous system.



Meal Plan

Monday

Breakfast: Almond Banana Chia Pudding

Lunch: Paprika Roast Cauli Salad

Dinner: Spinach, Rice & Asparagus Casserole

Tuesday

Breakfast: Spinach & Feta Omelette

Lunch: Quinoa & Chickpea Macro Bowl

Dinner: Chicken Miso Satay Skewers

Wednesday

Breakfast: Golden Turmeric Breakfast Bowl

Lunch: Easy Cobb Salad

Dinner: Baked Salmon with Broccoli Fried Rice

Thursday

Breakfast: Green Smoothie Bowl

Lunch: Haloumi & Kale Wrap

Dinner: Steak with Garlic Mushies

Friday

Breakfast: Raspberry & Chia Bircher

Lunch: Warm Box-Grater Salad

Dinner: Golden Coconut Chicken Soup

Saturday

Breakfast: Turmeric Messy Eggs with Haloumi

Lunch: Fatteh Savoury Yoghurt Bowl

Dinner: Veggie-Packed Lentil Cabbage Casserole

Sunday

Breakfast: Coconut Pancakes

Lunch: Gut-Lovin' Green Bean Potato Salad

Dinner: One-Pan Apple Pork Chops with Broccoli

Monday



Breakfast

Almond & Banana Chia Pudding

Serves 1 | Preparation 30 mins

Ingredients

3 tablespoons chia seeds
1/3 cup coconut milk (from carton)
2/3 cup water
1 teaspoon vanilla extract
1/2 banana thinly sliced
2 tablespoons almonds (raw and unsalted)
roughly chopped
1 pinch cinnamon (ground)

Introduction

For best results, prepare this the night before.

Method

1. Combine chia seeds, coconut milk, water and vanilla extract. Refrigerate overnight if time permits.
2. To serve, top with banana, almonds and cinnamon.

Lunch

Paprika Roast Cauli Salad

Serves 1 **Preparation 6 mins**

Cook 25 mins



Ingredients

1 clove garlic minced
1/4 teaspoon smoked paprika
1/4 teaspoon cumin (ground)
1/4 teaspoon cinnamon (ground)
1 cup cauliflower cut into florets
1/4 eggplant cut into 2cm chunks
1/2 carrot cut into 2cm chunks
1/4 onion (red) sliced
1/2 tablespoon olive oil (extra virgin)
2 tablespoons walnuts (raw)
1 free range egg (well cooked for pregnancy)
1 teaspoon apple cider vinegar
1 cup baby spinach
1/4 cup parsley (fresh) roughly chopped
salt & pepper to taste

Method

1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and line a large tray with baking paper.
2. Add garlic, paprika, cumin, cinnamon, salt and pepper to a small bowl and mix to combine.
3. To a large bowl, add in cauliflower, eggplant, carrot and red onion. Drizzle oil over the lot and toss until veggies are well-coated. Spread evenly over the baking tray and sprinkle the veggies with the dry spice mix.
4. Place in the oven for 25 minutes, or until veggies are cooked through and slightly brown. In the last 5 minutes of cooking, scatter walnuts on the veggie tray and bake in the oven to lightly toast.
5. Meanwhile to poach the egg: bring a small saucepan of water to the boil. Add vinegar. Crack the egg into a cup and create a gentle whirlpool in the water. Slowly tip the egg into the water, white first and cook for 3 minutes. Remove with a slotted spoon and drain on kitchen paper.
6. Add spinach leaves and parsley to the bowl you used to marinate the veggies and add cooked veggies to the bowl, toss through to coat the leaves in the oil and spices. Top with the poached egg to serve over the almonds and the dressing. Season with more salt and pepper if needed. Halve the egg and place on top to serve.

Dinner

Spinach, Rice & Asparagus Casserole

Serves 1 **Preparation 5 mins** **Cook 35 mins**



Ingredients

2.5 tablespoons basmati rice (raw)
1/2 tablespoon butter
1 clove garlic
3 mushrooms (cup or button) sliced
salt & pepper to taste
1 teaspoon thyme (dried)
1 teaspoon nutmeg (ground)
1/4 cup vegetable stock
1.5 cups baby spinach
1.5 tablespoons parmesan cheese
1/4 onion (red) finely sliced
1/2 bunch asparagus sliced in half lengthways
1 teaspoon olive oil (extra virgin)

Method

1. Cook rice according to packet instructions
2. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and grease or line a small loaf tin with a little butter.
3. Heat a large pot over medium heat. Add in the butter, garlic, mushrooms, salt and pepper and cook for 5 minutes until mushrooms have started to cook down.
4. Add in the thyme, nutmeg and vegetable stock and bring to the boil. Let simmer for 3–4 minutes until liquid reduces slightly.
5. Remove from the heat, stir in the cooked rice, spinach and parmesan and pour mixture into the tin.
6. Top with red onions and asparagus. Drizzle with a little oil and place in the oven for 15–20 minutes, or until asparagus is cooked and slightly golden.

Tuesday



Breakfast

Spinach & Feta Omelette

Serves 1 **Preparation 10 mins** **Cook 10 mins**

Ingredients

1 cup baby spinach
1/4 bunch broccolini (baby broccoli) ends trimmed
1/3 cup green beans trimmed
1/4 bunch asparagus woody ends cut off
1 teaspoon olive oil (extra virgin)
2 free range egg whisked
2 tablespoons feta cheese
1/3 avocado sliced
1 pinch salt & pepper

Method

1. Place the spinach in a bowl. Meanwhile bring a saucepan of salted water to the boil.
2. Blanche, broccolini, beans and asparagus for 2-3 minutes. Drain well and tip into the bowl with the spinach.
3. Heat the oil in a small fry pan over medium heat.
4. Beat the eggs and add them to the hot pan. They should sizzle slightly, using a spatula gently make a figure 8 in the eggs, so the uncooked egg runs to the side of the pan and cooks.
5. After 2 minutes, add the green vegetables to one side of the omelette.
6. Remove from heat, sprinkle over feta, top with avocado and season with salt and pepper.
7. Fold in half to serve.



Lunch

Quinoa & Chickpea Macro Bowl

Serves 1 **Preparation 6 mins** **Cook 25 mins**

Ingredients

2 tablespoons quinoa (raw) rinsed
1/4 sweet potato peeled and chopped into 1cm cubes
1/2 beetroot peeled and chopped into 1cm cubes
salt & pepper to taste
1 cup kale roughly torn
1/2 teaspoon olive oil (extra virgin)
1/2 cup chickpeas (tinned) drained and rinsed
1 tablespoon sauerkraut (optional) or red cabbage

Ingredients for Dressing

1/2 tablespoon tahini
1/2 teaspoon turmeric (ground or fresh)
1/4 lemon juiced
2 tablespoons water warm

Method

1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and line a baking tray with baking paper.
2. Meanwhile, place sweet potato and beetroot onto baking tray and season with salt and pepper. Place in the oven and bake for 30 minutes until cooked through.
3. Put the quinoa to cook according to packet instructions.
4. While the vegetables and quinoa are cooking, add roughly torn kale leaves to a serving bowl with olive oil and a pinch of sea salt. Massage the oil into the kale leaves until soft.
5. To make the dressing, add all ingredients into a jar. Make sure the water is warm (cold water will make the tahini seize up).
6. Shake the dressing until combined. Add more water if you'd like your dressing thinner.
7. Once veggies are cooked, arrange your macro bowl and drizzle with the dressing to serve.



Dinner

Chicken Miso Satay Skewers

Serves 1 **Preparation 15 mins** **Cook 15 mins**

Ingredients

125 g chicken thigh fillets diced into 3cm pieces
2 skewers bamboo skewer(s) soaked in water for 5 minutes
1 teaspoon peanuts crushed
1/2 bunches broccolini (baby broccoli) ends trimmed
1/2 bunches pak choy end trimmed
1/4 lime
salt & pepper to taste
1/2 chilli (red) seeds removed and finely chopped

Ingredients for Satay Sauce

1 teaspoon(s) miso paste (white)
1/4 teaspoon(s) curry powder
1/4 teaspoon(s) turmeric (ground or fresh)
1 clove(s) garlic peeled
1 tablespoon(s) coconut milk (from carton)
1/2 teaspoon(s) apple cider vinegar
1/2 teaspoon(s) tamari (or soy sauce)
1/2 tablespoon(s) peanut butter (crunchy)
1/4 lime(s) juiced

Method

1. Begin by soaking the skewers in water for 5 minutes.
2. To make the satay sauce, place all ingredients into a blender. Blitz until you form a smooth, thick sauce, similar to a regular satay sauce. Add a dash of water if your sauce is too thick.
3. Combine Satay Sauce and chicken in large bowl. Season with freshly cracked black pepper and gently toss to coat. Cover the bowl with a tea towel and allow to marinate for 5 minutes.
4. Preheat the grill to high and thread the marinated chicken evenly across the skewers.
5. Place underneath the grill and cook for 10 minutes, turning after 5 minutes until the chicken is browned all over.
6. In the meantime, steam the veggies. Start by placing 1 cup of water in a small saucepan that fits a steamer and bring to the boil. Place broccolini and pak choy in a steamer and sit it on top of the saucepan. Place lid on and steam for 3-4 minutes, until veggies are tender.
7. Place the skewers and veggies between on a plate and serve with peanuts, lime wedges and chilli.

Wednesday



Breakfast

Golden Turmeric Breakfast Bowl

Serves 1 **Preparation 3 mins** **Cook 3 mins**

Ingredients

2 tablespoon almonds (raw and unsalted) roughly chopped
1/2 tablespoon pepitas (pumpkin seeds)
1 teaspoon chia seeds
1/4 cup yoghurt (greek)
1/4 cup blueberries (fresh or frozen)
1/2 teaspoon turmeric (ground or fresh)
1/2 teaspoon cinnamon (ground)
1/2 teaspoon rice malt syrup

Method

1. Add almonds and pepitas to a small, dry frying pan and cook for 2-3 minutes until they are lightly toasted.
2. Add yoghurt to a small bowl and mix through the turmeric and cinnamon. Top with the toasted almonds and pepitas, chia seeds, blueberries and drizzle with rice malt syrup.



Lunch

Easy Cobb Salad

Serves 1 Preparation 10 mins Cook 10 mins

Ingredients

1 free range egg hard boiled
1 rasher bacon sliced
80 g chicken breast diced
1/4 cup corn kernels (tinned) drained and rinsed
1 cup baby spinach
1/2 tomato diced
3.5 tablespoons avocado(s)
salt & pepper to taste

Ingredients for Dressing

1 teaspoon mustard (dijon)
1/2 teaspoon apple cider vinegar
1 teaspoon olive oil (extra virgin)
1 teaspoon water
1 tablespoon spring onion(s) sliced
salt & pepper to taste

Method

1. Place egg(s) in a pot on the stove and hard boil.
2. Heat a large non stick fry pan on a medium-high heat. Cook bacon and chicken until golden and cooked through (about 6 minutes). Add a splash of water if it starts to stick.
3. Arrange all salad ingredients and egg on a plate to your liking and top with chicken and bacon.
4. In a small bowl, mix all dressing ingredients together and pour over cobb salad arrangement.
5. Top with chives, salt and pepper to serve.



Dinner

Spinach & Feta Omelette

Serves 1 Preparation 10 mins Cook 10 mins

Ingredients

1 cup baby spinach
1/4 bunch broccolini (baby broccoli) ends trimmed
1/3 cup green beans trimmed
1/4 bunch asparagus woody ends cut off
1 teaspoon olive oil (extra virgin)
2 free range eggs whisked
2 tablespoons feta cheese
1/3 avocado sliced
1 pinch salt & pepper

Method

1. Place the spinach in a bowl. Meanwhile bring a saucepan of salted water to the boil.
2. Blanche, broccolini, beans and asparagus for 2-3 minutes. Drain well and tip into the bowl with the spinach.
3. Heat the oil in a small fry pan over medium heat.
4. Beat the eggs and add them to the hot pan. They should sizzle slightly, using a spatula gently make a figure 8 in the eggs, so the uncooked egg runs to the side of the pan and cooks.
5. After 2 minutes, add the green vegetables to one side of the omelette.
6. Remove from heat, sprinkle over feta, top with avocado and season with salt and pepper.
7. Fold in half to serve.

Thursday



Breakfast

Green Smoothie Bowl

Serves 1 **Preparation 5 mins**

Ingredients

1 banana
1 kiwi fruit
2 tablespoons avocados
1 cup baby spinach
1 tablespoon vanilla protein powder (optional)
1/2 tablespoon peanut butter (smooth)
1/2 cup almond milk (unsweetened)
1 teaspoon chia seeds

Method

1. Place 3/4 of the banana, 1/2 kiwi fruit, avocado, spinach, protein powder and peanut butter with almond milk in a blender and blend until smooth (add water if necessary).
2. Pour mixture into a bowl and top with chia seeds and remaining banana and kiwi.

Lunch

Haloumi & Kale Wrap

Serves 1 **Preparation 15 mins**

Cook 5 mins

Ingredients

50 g haloumi sliced
1 cup kale tough stems removed and leaves roughly torn
1.5 teaspoons olive oil (extra virgin)
2 teaspoons apple cider vinegar
1/2 carrot shredded
1 tablespoon yoghurt (greek)
1 wholemeal (or gluten free) wrap(s)
sea salt to taste



Method

1. Heat a skillet pan over a medium heat. Place haloumi slices on the pan and cook until golden, about 2 minutes. Flip and repeat on the other side.
2. Meanwhile, place kale in a small bowl with olive oil, vinegar and salt and massage with your hands. The kale should soften and shrink in size. Drain the liquid from the bowl and add in the carrot and yoghurt. Toss to combine.
3. To assemble the wrap, layer with haloumi and top with the kale mix.



Dinner

Steak with Garlic Mushies

Serves 1 **Preparation 5 mins** **Cook 25 mins**

Ingredients

1 clove garlic crushed
1/2 tablespoon butter softened
2 mushrooms (flat or field) stalk removed
1 teaspoon rosemary (dried or fresh)
1/2 onion (brown) sliced
1/2 teaspoon balsamic vinegar
1/4 teaspoon raw honey
150 grams beef steak (eye fillet)
100 grams green beans ends trimmed
1/2 bunch broccolini (baby broccoli)
salt & pepper to taste

Method

1. Preheat the oven to 180°C.
2. Combine the garlic and butter and divide between the mushrooms, placing a small dollop in the centre of each one. Sprinkle over the rosemary, then bake the mushrooms for 20 minutes.
3. Meanwhile, place the onion in a small pan with a good pinch of salt. Cook for 5 minutes and then add the honey and balsamic vinegar. Continue cooking for another 5-10 minutes until nicely caramelised.
4. When the mushrooms and onion are nearly ready, heat a fry pan on high and add your steak. Turn down to medium and cook for 5-6 minutes each side or until cooked to your liking. Allow to rest for 2-3 minutes. Meanwhile steam your beans and broccolini.
5. Serve the steak with the greens, garlic mushies and caramelised onion.

Friday

Breakfast



Raspberry & Chia Bircher

Serves 1 Preparation 10 mins

Ingredients

1/3 cup rolled oats (or quinoa flakes)
1 tablespoon chia seeds
3 teaspoons coconut (shredded)
1/2 teaspoon vanilla extract
1/4 cup yoghurt (greek)
1/2 cup almond milk (unsweetened)
1/4 lemon zest and juice

Ingredients for Serving

1/3 cup(s) raspberries (fresh or frozen)
1 tablespoon(s) almonds (raw and unsalted) roughly chopped

Method

1. Mix all the ingredients for the bircher together in a bowl. Leave in the fridge to soak overnight.
2. Serve topped with raspberries and almonds.

Lunch



The Warm Box Grater Salad

Serves 1 Preparation 12 mins Cook 7 mins

Ingredients

95 grams tinned tuna (drained)
1/4 lemon
1/4 avocado sliced
1/4 cup coriander (fresh) roughly chopped, to serve
salt & pepper to taste

Ingredients for Serving

1/3 beetroot
1/3 broccoli
1/2 onion (red)
1/2 zucchini
1/2 carrot
1/2 teaspoon olive oil (extra virgin)

Method

1. Begin by preparing the slaw.
2. Using a box grater or mandolin, grate the broccoli, carrot, onion, zucchini and beetroot into a large salad bowl. If you have an extra juicy zucchini, squeeze out the extra liquid before adding to the slaw.
3. Heat non-stick frying pan or skillet on medium-hot heat. Add olive oil into the frying pan. Add in Box Grater Slaw and saute for 5 minutes until the vegetables have softened.
4. Add in tuna and stir through until warmed, about 30 seconds. Squeeze over lemon.
5. Serve salad with avocado, coriander leaves and a seasoning of salt and pepper.



Dinner

Golden Coconut Chicken Soup

Serves 1 **Preparation 5 mins** **Cook 15 mins**

Ingredients

140 ml coconut milk (from carton)
190 ml water
1/2 teaspoon turmeric (ground or fresh)
1/2 teaspoon ginger (fresh) minced
125 grams chicken breast
25 grams brown rice noodles (vermicelli)
1 zucchini peeled into ribbons or spiralized
1 cup silverbeet shredded

Method

1. Place coconut milk, water, turmeric and ginger in a saucepan over a low heat and stir to combine.
2. Add chicken into the saucepan and cook for 10-15 minutes or until cooked through. Once chicken is cooked, remove from the liquid and shred.
3. Place chicken back in the saucepan and plunge vermicelli noodles into the soup until softened, about 2-3 minutes.
4. Remove from the heat and stir in the zucchini and silverbeet until wilted.
5. Ladle soup into a bowl and serve.

Saturday



Breakfast

Turmeric Messy Eggs with Haloumi

Serves 1 **Preparation 5 mins** **Cook 10 mins**

Ingredients

1/2 tablespoon coconut oil (extra virgin)
1 clove garlic finely diced
2 free range eggs free range
1/2 teaspoon turmeric (ground or fresh)
salt & pepper to taste
1 cup baby spinach
50 g haloumi sliced into 1cm thick slices
1 slice sourdough (or gluten free) bread toasted

Method

1. Heat the coconut oil in a frying pan over a medium heat. Add the garlic and sauté for 1-2 minutes until golden.
2. Whisk the eggs, turmeric, salt and pepper in a bowl until well combined.
3. Add the egg mixture and spinach. Gently stir until the eggs are creamy and start to set. Transfer to plate.
4. Add sliced haloumi to the pan and cook on each side for 1-2 minutes, serve with the eggs and sourdough.



Lunch

Fatteh Savoury Yoghurt Bowl

Serves 1 Preparation 10 mins Cook 5 mins

Ingredients

1 teaspoon olive oil (extra virgin)
1 cup baby spinach
1/3 cup green peas (frozen)
1/2 wholemeal (or gluten free) wrap(s)
torn into pieces
2 tablespoons hummus

Ingredients for Dressing

1/4 cup yoghurt (greek)
1/2 tablespoon tahini
1/4 teaspoon cumin (ground)

Method

1. In a medium frying pan over a medium-high heat, add olive oil and sauté spinach leaves and peas until wilted and peas have warmed through, about 2 minutes. Add in pita pieces and sauté for a further 2 minutes, until bread has absorbed some of the oil and warmed also.
2. Combine ingredients for Savoury Yoghurt in a small bowl and set aside.
3. Add veggie pita mix to a bowl and top with savoury yoghurt and hummus to serve. Season with sea salt and freshly ground black pepper.

Dinner

Veggie-Packed Lentil Cabbage Casserole

Serves 1 Preparation 10 mins Cook 25 mins

Ingredients

1/2 tablespoon olive oil (extra virgin)
1 cup cabbage (green) shredded
1/4 onion (brown) diced
1/3 carrot diced
1/3 zucchini diced
1/2 cup lentils (tinned) drained and rinsed
1 mushrooms (cup or button) finely sliced
1 clove garlic minced
1/2 teaspoon oregano
1/2 teaspoon thyme (dried)
1 tablespoon tomato paste
1/2 cup diced tomatoes (canned)
1 teaspoon tamari (or soy sauce)
20 grams cheddar (or tasty) cheese grated

Method

1. Preheat oven to 200°C/400°F/Gas Mark 6 and set aside a small baking dish.
2. Heat half the olive oil in a large frying pan over medium-high heat. Add in the green cabbage and a pinch of salt and pepper. Cook, tossing regularly, for 5 minutes, or until slightly tender. Set aside in a bowl.
3. Place the frying pan back over the heat. Add in the remaining olive oil, onion, carrot and zucchini. Cook for 5 minutes, or until veggies are tender. Add in the lentils, mushrooms, garlic, oregano and thyme. Cook for another minute, or until fragrant.
4. Add in the tomato paste and stir through the veggies. Then pour in the diced tomatoes and tamari. Cook, stirring, for 10 minutes, or until mixture thickens up. Season dish with a generous pinch of salt and pepper.
5. Place half the cooked cabbage at the base of the baking dish. Top with half the lentil mixture, then the remaining cabbage, and the remaining lentil mixture to finish. Sprinkle over the Cheddar cheese. Place into the oven and bake for 5 minutes, or until cheese has melted and golden.

Sunday

Breakfast



Coconut Pancakes

Serves 1 Preparation 5 mins Cook 10 mins

Ingredients

1 free range egg
2 tablespoons milk
1/2 tablespoon coconut flour
1/2 teaspoon cacao powder
1/2 teaspoon psyllium
1/2 teaspoon coconut oil (extra virgin)

Ingredients for Topping

1 banana mashed
1 tablespoon almond butter
1/2 tablespoon water boiling
1/2 teaspoon rice malt syrup
1 pinch cinnamon (ground)

Method

1. Whisk eggs and milk together well.
2. Add coconut flour, cacao and psyllium and whisk until smooth. Your mixture should be thick, but pourable.
3. Heat coconut oil in a frypan over medium heat, pour in half the mixture and lightly fry pancake flipping half way. Repeat with remaining mixture.
4. Blend nut butter with boiling water. Serve pancakes topped with mashed banana, nut butter blend, rice malt syrup and a sprinkle of cinnamon.

Lunch



Gut Lovin' Green Bean Potato Salad

Serves 1 Preparation 10 mins Cook 15 mins

Ingredients

1 potato chopped into 2 cm chunks
1 cup green beans
1/3 bunch asparagus chopped into 2cm pieces
1/2 cup green peas (frozen)
1 radish sliced
1 teaspoon pine nuts
1/2 tablespoon olive oil (extra virgin)

1 pinch sea salt to taste
1 pinch black pepper (ground) to taste

Ingredients for Yoghurt Topping

1/3 cup yoghurt (greek)
1/2 clove garlic minced
1/2 tablespoon baby capers (optional) finely chopped (extra virgin)

Method

1. Fill a large saucepan with water, bring to the boil. Add in chopped potatoes and leave in boiling water for 12 minutes, or until cooked through.
2. Once potatoes are cooked, add green beans, asparagus and peas to the pot for 2 minutes. Drain potatoes, green beans, asparagus and peas and add to a plate.
3. Add radish and pine nuts to the plate. Drizzle with olive oil and sprinkle with salt and pepper.
4. Combine all ingredients for Yoghurt Topping and drizzle over to serve.



Dinner

One-Pan Apple Pork Chops with Broccolini

Serves 1 **Preparation** 10 mins **Cook** 20 mins

Ingredients

1 teaspoon olive oil (extra virgin)
150 g pork loin chops (or steaks)
1/2 onion (red) sliced into 2cm thick wedges
1/2 potato finely sliced into 0.5cm discs
1/2 apple (red) sliced into wedges
1/2 bunch broccolini (baby broccoli) sliced in half longways
1/2 teaspoon rosemary (dried or fresh)
1/2 teaspoon thyme (dried)
1/4 cup chicken stock (or bone broth)
1/2 tablespoon mustard (dijon)

Method

1. Preheat oven to 200°C/400°F/Gas Mark 6.
2. Heat olive oil in an ovenproof frying pan over high heat. Once the oil is hot, add in the pork chop and cook for 2 minutes on each side, or until nicely browned. Remove from the pan and set aside.
3. Place the frying pan back over the heat and add in the onion and potato. Cook for 3–4 minutes, until starting to soften. Add in the apple, broccolini, rosemary and thyme and cook for another minute, or until fragrant.
4. Pour in the chicken stock and nestle the pork chops in between the vegetables (if you don't have an ovenproof frying pan, transfer everything to a baking dish). Place into the oven and bake for 10 minutes, or until pork is cooked through and veggies are tender.
5. Serve with Dijon mustard and a generous seasoning of salt and pepper.

**Stay healthy, stay strong, stay safe, and remember
we are always here to help.**

Love, Sam, Shahna and the team at 28

