



# DAYS OF HEALTHY EATING



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cinnamon Stewed Apples with glass of Switchel	Spiced Pear Overnight Oats with glass of flavoured Apple Cider Vinegar and water	Chocolate Chia Protein Pudding with glass of Switchel	Spiced Pear Overnight Oats with glass of flavoured Apple Cider Vinegar and water	Chocolate Chia Protein Pudding with glass of Switchel	Smoky Shakshuka on bread with glass of flavoured Apple Cider Vinegar and water	Cinnamon & Coconut Paleo Pancakes with glass of Switchel
SNACK	Matcha Tea or Latte	Turmeric Latte	Matcha Tea or Latte	Turmeric Latte	Winter Chai Tea	Turmeric Latte	Winter Chai Tea
LUNCH	Rainbow Vegetable Slice	Sweet Potato Quinoa Patties with Green Tahini & Lime Dressing	Rainbow Vegetable Slice	Sweet Potato Quinoa Patties with Green Tahini & Lime Dressing	2 x Spinach Zucchini & Bacon* Muffins with green salad	Winter Vegetable Soup	Smoky Shakshuka
SNACK	Celery sticks with ¼ cup Beetroot Hummus	Almond Cacao Crunch Bliss Ball with Herbal Tea	1 x carrot with ¼ cup Beetroot Hummus	1 x Spinach Zucchini & Bacon* Muffin	Almond Cacao Crunch Bliss Ball with Herbal Tea	Nut & Seed Crackers with Baba Ganoush	Nut & Seed Crackers with Hemp Pesto
DINNER	Red Lentil & Pumpkin Dhal	Stir-Fried Ginger Beef*	Chilli Garlic Prawns* & Cannellini Beans	Macadamia Coconut Crusted Salmon* with steamed greens	Winter Vegetable Soup	Slow Cooker Butter Chicken*	Quinoa, Amaranth, Roasted Tomato & Bell Pepper Soup

\* Choose to remove or substitute animal-based products for meat free alternatives such as jackfruit or tofu.





# 7 Days of Healthy Eating Shopping List

Serves 2 people

## BAKING/FLOURS/SWEETENERS

- 55g Organic Australian Raw Honey
- 150ml Organic Maple Syrup
- 320g Organic Coconut Flour
- 115g Organic Coconut Flakes
- 250g Organic Desiccated Coconut
- 125g Organic Shredded Coconut
- 140g Organic Cacao Powder
- 2 ½ tsp Baking Powder – Aluminium Free

## NUTS + SEEDS

- Organic Black + White Sesame Seeds
- 260g Australian Walnuts
- ¼ cup Organic Almonds
- 115g Organic Black Chia Seeds
- 1 cup Australian Macadamia Nuts
- ¼ cup Australian Sunflower Seeds
- ¼ cup Organic Hulled Sesame Seeds
- ¼ cup Organic Brown Linseeds
- ¼ cup Organic Pepitas
- ¼ cup Organic Cashews
- ½ cup Organic Pine Nuts
- ¼ cup Australian Hulled Hemp Seeds

## FUNCTIONAL + SUPERFOODS

- 2 tsp Organic Matcha Powder
- 1 tbsp Organic Beetroot Powder
- 3 tsp Organic Turmeric Latte Blend
- ½ tsp Freeze Dried Finger Lime
- 1 tbsp Organic Psyllium Husks
- 8 serves vanilla or any vegan protein powder

## GRAINS/PULSES/PASTAS

- 250g Organic Red Split Lentils
- 1 cup Organic Rolled Oats
- 1 cup Organic Tricolour Quinoa
- ½ cup Organic Basmati Rice
- ⅓ cup amaranth grain
- 250g soup mix

## HERBS/SPICES/SEASONINGS

- 7 ¼ tsp Organic Cinnamon Powder
- ½ tsp Organic Ginger Powder
- 5 tsp Organic Ground Cumin
- 1 tsp cumin seeds
- 4 tsp Organic Ground Coriander
- ½ tsp Organic Chilli Powder
- 2 tsp Organic Garam Masala
- ¼ tsp Ground Cardamom
- 1 tsp Organic Turmeric Powder
- 4 tsp Organic Paprika
- 2 tbsp Organic Cloves Whole
- 2 tbsp Organic Peppercorns Black
- 2 ½ tbsps Organic Fennel Seeds
- 1 tsp Organic Nutmeg Powder
- 1 ½ tsp Himalayan Rock Salt - Fine
- 1 ½ tsp Celtic Sea Salt - Fine
- ¼ tsp Organic Black Pepper Ground
- ½ tbsp Organic Minced Garlic
- 6 x Organic Cinnamon Quills
- 4 x star anise
- 4 x vanilla beans
- ¼ cup whole cardamom
- 6 tsp vanilla extract
- 1 tbsp licorice root

## CANNED/PANTRY GOODS

- 1 x Organic Cherry Tomatoes
- 1 x Organic Chickpeas
- 3 x Organic Cannellini beans
- 130g Organic Unhulled Tahini
- 4 x Organic Diced Tomatoes
- 2 cups Organic Coconut Milk
- ½ cup Organic Coconut Cream
- 1 tbsp Organic Tamari Soy Sauce
- 1 cup Organic Tomato Passata
- 115g Organic Whole Peeled Tomatoes
- 1 cup Organic Tomato Paste
- ½ cup Australian Almond Butter
- 1.75L vegetable stock





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### OILS/SAUCE/VINEGARS

- 400ml Organic Apple Cider Vinegar
- 300ml Organic Apple Cider Vinegar with Ginger, Turmeric & Chilli
- 240ml Organic Extra Virgin Olive Oil
- 110ml Organic Virgin Coconut Oil

### FRESH PRODUCE

- Large piece of fresh ginger
- 10 x green apples
- 4 cups kale or silverbeet
- 9 x medium carrots
- 3 large zucchinis
- 4 x small red capsicums
- 3 x sweet potatoes
- ¼ pumpkin
- 60g broccoli florets
- 65g green beans
- 50g snow peas
- Large eggplant
- 3 cups spinach leaves
- Bag of rocket
- ½ cauliflower
- 1 celery bunch
- ½ red onion
- 5 x brown onions
- 4 x spring onions
- 3 x garlic bulbs
- 2 tbs organic mixed herbs
- 2 x large fresh red chillis
- 1 x bunch coriander
- 2 x bunches flat leaf parsley
- ½ bunch chives
- 1 x bunch fresh basil
- 3 x limes
- 5 x lemons
- 1 x avocado
- 2 x large pear
- 1 cup frozen blueberries

### MEATS/SEAFOOD/EGGS\*

- 250g stir fry beef
- 300g green prawns
- 3 rashers of bacon
- 18 x organic free-range eggs
- 2 x 160g skinless salmon fillets
- 500g free-range chicken thighs

### DAIRY\*

- 4L dairy or plant-based milk
- 625g greek or coconut yoghurt
- ½ cup grated cheese
- 1 tbs butter

### BREADS

- Loaf of sourdough, wholemeal, rye, spelt or gluten free bread

*\* Choose to substitute any animal based produce with vegan alternatives like jackfruit, banana blossom, tofu, cashew cheese, coconut butter, etc.*