

Sugar free September



Meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	<p>Banana coconut porridge with goji berries</p> <p>Use quinoa for gluten free option</p>	<p>1-2 slices sourdough bread with 2 poached eggs + ½ avocado</p>	<p>Overnight oats/quinoa</p>	<p>Banana coconut porridge with goji berries</p> <p>Use quinoa for gluten free option</p>	<p>1 cup coconut yoghurt with Honest to Goodness Paleo Fruit Free Toasted Muesli, and 1 tsp cinnamon</p>	<p>1-2 slices sourdough bread with 2 poached eggs + ½ avocado</p>	<p>Rolled oat pancakes</p>
Lunch	<p>Pesto & roasted vegetable pasta</p> <p>Use buckwheat pasta or zucchini noodles</p>	<p>Winter vegetable soup</p>	<p>Rainbow vegetable slice served with side salad</p> <p>Use any leftover vegetables</p>	<p>Pesto & roasted vegetable pasta</p> <p>Use buckwheat pasta or zucchini noodles</p>	<p>Winter vegetable soup</p>	<p>Rainbow vegetables slice with side salad</p>	<p>Vietnamese style salad using buckwheat soba</p>
Snack	<p>Cucumber and celery stick with beetroot hummus</p>	<p>Handful of Honest to Goodness Keto Trail Mix</p>	<p>½ cup roasted chickpeas</p>	<p>Muesli chocolate slice</p>	<p>Cucumber and celery stick with beetroot hummus</p>	<p>Muesli chocolate slice</p>	<p>½ cup roasted chickpeas</p>
Dinner	<p>Burrito bowl</p>	<p>Marinated chicken with coconut lime dressing served with rice and vegetables of choice</p>	<p>Buckwheat soba salad with miso tahini dressing, served with salmon or tofu</p>	<p>Chinese greens & beans with mince stir-fry</p>	<p>Bibimbap bowl</p>	<p>Roast vegetable tagine with quinoa</p>	<p>Marinated chicken with coconut lime dressing served with rice and vegetables of choice</p>

Beverages Aim for 2-3L water a day
 1 cup water with 1 tsp apple cider vinegar
 1 cup herbal tea – green, rooibos, ginger & turmeric, matcha, peppermint, chai or ginger
 Kombucha



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Shopping list

BAKING/FLOURS/SWEETENERS

- Organic Coconut Flower Nectar
- 2 tbsp Organic Cocoa Powder
- 6 tbsp vegan protein - Organic Hemp Gold Protein Powder, Organic Sprouted Pea Protein or Brown Rice Protein Powder
- 5 tbsp Organic Coconut Flour
- 4 tsp Organic Desiccated Coconut
- 3 tsp Organic Coconut Sugar

HERBS/SPICES/SEASONINGS

- 2 tsp Organic Garam Masala
- 2 tbsp Organic Coconut Aminos
- 2 tbs chipotle tabasco
- 5 tsp Organic Ground Cumin
- 3 ¾ tsp Organic Cinnamon Powder
- 4 ½ tsp Organic Ground Coriander
- 4 ½ tsp Organic Turmeric Powder
- 1 tbsp Organic Oregano Leaf
- ½ tsp Organic Ginger Powder
- 1 tsp Organic Sweet Paprika
- 1 tsp smoked paprika
- 2 tsp Organic Hulled Sesame Seeds
- 2 tbsp Organic Black Sesame Seeds
- 4 tsp minced ginger
- 1 tsp ral al hanout
- 4 tbsp Organic Tamari Soy Sauce
- 1 long red chilli
- 2 tbsp Organic Mixed Herbs
- 1 tsp Organic Black Pepper Ground
- 2 tsp Celtic Sea Salt - Fine
- 2 strands of saffron
- 2 tsp gochujang
- 10g Nutritional Yeast Flakes
- 2 tsp vanilla extract

OILS/SAUCE/VINEGARS

- 2 tsp Organic White Dashi
- 1 tsp brown rice vinegar
- 3 tbsp ½ tsp sesame oil
- ½ cup Apple Cider Vinegar
- 7 tbsp Organic Apple Cider Vinegar with Cinnamon & Turmeric
- 1/3 cup, 3 tbsp, 3 tsp Organic Virgin Coconut Oil
- 1 tsp Organic Rice Vinegar
- 1 tsp Peanut Oil
- 10 tbsp Organic Extra Virgin Olive Oil
- ½ cup 3 tbsp Organic Coconut Butter

NUTS + SEEDS

- ½ cup Organic Cashews
- 200g Keto Trail Mix
- 3 cups Paleo Fruit Free Toasted Muesli
- 1 tbsp Organic Black Chia Seeds
- ½ cup Organic Almonds
- ¼ cup Organic Pepitas
- 40g Organic Pine Nuts

GRAINS/PULSES/PASTAS

- 2 ½ cup Biodynamic Rain-Fed Brown Rice
- 1 cup Organic White Quinoa
- 3 ½ cups Organic Australian Rolled Oats
- 150g Organic Buckwheat Soba Noodles

FRUIT & VEG

- 3 avocados
- 2 bananas
- 2 cups packed baby kale
- Blueberries (frozen)
- 1 cauliflower
- 5 ½ carrots
- 2 capsicums
- 1 large bunch coriander
- 2 cucumbers
- 2 celery
- 1 eggplant
- 2 garlic bulbs
- 1 kaffir lime leaf
- 2 limes
- ½ bunch mint
- 1 pumpkin
- 1 bunch parsley
- 2 radishes
- 7 red onions
- 11 spring onions
- 1 ½ cup bean sprouts
- 1 tomato
- 5 ½ Zucchini
- ½ cup frozen edamame
- 1 ½ cup green beans
- 4 white onions
- 2 cups spinach leaves
- 1 lemon
- 1 cup basil leaves
- 2 cups asian greens - choy sum, bok choy or Chinese broccoli, or you can use spinach

*Frozen vegetables retain all the nutrients of fresh produce, are more budget friendly and stay fresher for longer!

PROTEIN

- 2.5kg chicken breast of tenderloins
- 500g beef/pork or chicken mince
- 400g beef
- 2 salmon or trout fillets
- 250g organic tofu
- Tinned salmon or tuna
- Soft tofu
- 4 cans Organic Chickpeas
- 1 can Organic Black Beans
- 12 eggs
- Hummus

OTHER

- ½ cup ricotta
- 1 can Organic Diced Tomatoes
- 2 tbsp Organic Tomato Paste
- 6 cups vegetable stock
- 1 tbsp Organic Beetroot Powder
- Organic Matcha Green Tea Powder
- 2-4 slices sourdough bread/GF bread
- Herbal teas - chai, ginger, nettle, liquorice or green
- 2 tbsp Organic Goji Berries
- 30g Australian Almond Butter
- 2L milk of choice - almond, oat, rice or coconut
- 1 tsp Organic White Miso Paste
- 5 tsp Organic Hulled Tahini
- 450g coconut yoghurt
- 1 ¾ cup soup mix

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

NOTES

