

Welcome to Week 1 – Back to Basics, Made Easy

This week is all about getting organised and setting yourself up for success. We're stripping things back to *real food*, simple routines and smart planning because when life gets busy, the basics are what carry you through.

If you're time-poor (especially at breakfast or lunch), a little preparation now will go a long way. Having your meals prepped or partially ready will make your days run smoother, your food choices easier and your energy levels more consistent.

You'll notice some foods appear on repeat, that's 100% intentional. We're creatures of habit and eating similar meals helps reduce decision fatigue, minimise waste and save time. Once you find your rhythm, staying consistent becomes so much easier.

This program is designed to be *flexible and adaptable*, it's not about restriction.



Load up on salad and veggies as much as you like.



If you're very active, make sure you're fuelling your body well. You might need an extra snack like a piece of fruit, boiled eggs, or a protein shake in the morning or afternoon.



Vegetarian? No problem. Simply swap animal proteins for tofu, legumes, tempeh, or plant-based protein sources - the structure stays the same, just make it work for *you*.

On Day 2, you'll learn how much protein your body actually needs and why hitting that target daily is so important. This plan is your guide, but *you* know your body best. Adjust it to suit your lifestyle, your energy needs and your preferences.

Take a few minutes today to scan through the Week 1 Meal Plan and Recipes, write out your shopping list and prep a few easy staples if you can.

You're not just doing this for the next 7 days ***you're building habits your future self will thank you for.***

Let's do this - Week 1, let's go! 💪

	Breakfast	Lunch	Snack	Dinner
Day 1	Scrambled Eggs + 1/4 avocado + 1/2 cup blueberries	Chicken Pattie + 1/2 cup Brown Rice + Cucumber Salad	1 cup Kefir Drinking Yoghurt mixed with Protein Powder, sliced apple	Steak + Vege Night
Day 2	Scrambled Eggs + 1/4 avocado + 1/2 cup blueberries	Chicken Pattie + Brown Rice + Cucumber Salad	1 cup Kefir Drinking Yoghurt mixed with Protein Powder, sliced apple	Chicken Turmeric Soup
Day 3	Scrambled Eggs + 1/4 avocado + sautéed mushrooms + spinach	Chicken Pattie + Brown Rice + Cucumber Salad OR left over Turmeric Soup	Banana + 1/2 cup berries + 2 squares 80% dark choc (Protein with Water)	Beef + Potato Bowl
Day 4	Gut Loving Protein Bircher + 1/2 cup kefir	Beef + Potato Bowl	Boiled Eggs + Veggie Sticks + 6 almonds	Fish + Vege Night
Day 5	Gut Loving Protein Bircher + 1/2 cup kefir	Beef + Potato Bowl	Boiled Eggs + Veggie Sticks + 6 almonds	Chilli Chicken + Pineapple Salad
Day 6	Veggie Omelette - mushroom, spinach, tomato, feta cheese	Tuna + 1/2 cup Rice + Pineapple Salad	Banana + 1/2 cup berries + 2 squares 80% dark choc (Protein with Water)	Chunky Vegetable Soup (Add 1 cup shredded chicken if you need extra protein)
Day 7	Veggie Omelette - mushroom, spinach, tomato, feta cheese	Tuna + 1/2 cup Rice + Pineapple Salad	1 cup Kefir Drinking Yoghurt mixed with Protein Powder, sliced apple	Chunky Vegetable Soup (Add 1 cup shredded chicken if you need extra protein)

- Please note: Make this meal plan work for you. If you have heaps of left overs, have them for lunch and dinner the next day! Dont waste anything. If you want boiled eggs every afternoon tea - go for it!!! If you love the kefir and protein powder make that afternoon tea every day. MAKE IT WORK FOR YOU.
- I added 80% choc for all those choc fans. Choc is not bad if you eat the right stuff! Under 80% will affect your blood sugar, over 80% will not. Eating real dark choc won't keep you going back for more. Its rich and delicious. Once you stop eating refined sugar you will realise the choc under 80% is soooooo sweet. This is to educate people that real food (real chocolate) is good for you!!! Processed food not so good for you! If you arent a chocolate fan and don't need that to satisfy your cravings skip it.