

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Berry Smoothie	2-egg Omelette	Porridge with Blueberries	Banana Smoothie	Poached Egg with Avocado and Spinach	Homemade Beans	<p>Sunday is your day.</p> <p>Get creative in the kitchen, or choose a new recipe or two from The Fit Mother Recipe Book.</p>
Snack	Pita Wedges with Dip	Almonds & Grapes	Rice Crackers with Dip	Rice Cakes with Tuna and Toppings	Yoghurt and Berries	Pistachios & Pear	
Lunch	Salad	Wrap	Rye Crispbread	Leftovers	Salad	Wrap	
Snack	Choose your own adventure - listen to your body and before you reach for the easy snack, drink some water/have a herbal tea and go for a quick walk. Are you still hungry?						
Dinner	Mini Frittatas with Tomato and Rocket	Kale Slaw with Grilled Chicken	Five-spice Salmon Tacos	Pork & Fennel Meatballs	Crispy Chicken Salad	Super Salsa with Salmon	
Supper/ treat	Perhaps twice a week, choose a little something from the treats list to have with your favourite herbal tea.						

The Fit Mother tips for building great food habits:

- Listen to your body – it will tell you what it needs
- Drink 1-2 glasses of water BEFORE eating to satiate your appetite (stops you eating too much)
- Eat mindfully and enjoy your food
- Protein and carb serves should be about the size of the palm of your hand
- Use a small plate – our brains are crafty characters. If they perceive the plate is full, then you'll be less likely to over serve
- Choose protein-rich snacks to keep your body happily fueled
- Remember it's what you do MOST of the time that counts

RECIPES

FREE RECIPES FROM THE PLAN

Dietitian Approved Meals

All Recipes are approved as part of The Fit Mother Program

Dinner

Crispy Chicken Salad, serves 4

Donna Hay Magazine - 10 minute meals, vol 1, no 1

- ¼ cup oyster sauce
- 1 tablespoon soy sauce
- 2 tablespoons plain flour
- Cracked pepper
- 4 chicken thigh fillets, thinly sliced
- 1 tablespoon olive oil
- 1 cucumber, thinly sliced
- 1 cup bean sprouts
- 1 cup coriander (cilantro) leaves
- 2 tablespoons lime juice

Whip it up:

1. Heat a medium fry pan over medium-high heat
2. Place oyster sauce, soy sauce, flour and pepper into a bowl
3. Add chicken and toss to coat
4. Add the oil and chicken to the pan and cook for 2-3 minutes each side or until crispy and cooked through
5. To serve, toss the chicken with the cucumber, bean sprouts, coriander, mint and lime juice

Breakfast

Sarah's Homemade Beans

- 1 tin of 5 bean mix (or your favorite beans – cannellini, borlotti etc)
- 1 tin tomatoes
- 1 tablespoon Worcestershire sauce
- Lean short bacon (rindless) x 3 slices
- ½ red onion
- ½ tsp garlic
- 1 tablespoon maple syrup
- 1 teaspoon each hot English, Dijon, Seeded mustard
- Feta to crumble
- Fresh parsley

Whip it up:

1. Cook bacon, onion and garlic in a medium pan
2. Add tomatoes, beans, worcestershire sauce, syrup, mustard – simmer for 20 mins or until consistency thickens
3. Serve on your favourite wholegrain/sourdough bread – top with feta and fresh parsley

Dinner

Super Salsa with Salmon, serves 2

- 120g brown rice
- 1 ½ medium tomato, diced finely
- ½ small red onion, diced finely
- ½ an avocado, finely diced
- Chives and dill, diced finely to taste
- Juice of 1 lime
- 2 tablespoons capers, rinsed (optional)
- Oil spray
- 2 x 150g salmon fillets
- 1 small handful of spinach leaves

Whip it up:

1. Rinse and cook rice. Leave to cool
2. Toss all salsa ingredients in bowl, mix with rice when cool
3. Cook salmon in non-stick pan with spray of oil for 7-10 minutes, turning occasionally. Rest for 2 minutes and cut into thick slices
4. Serve in bowl and enjoy!