



### THRIVE 7-DAY MEAL PLAN #3 (ALEXX STUART)

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1 – MON	Sausages, cherry tomatoes and toast / crackers	The Disco Plate – whatever you have at hand (veggies cut, a tin of fish, crackers, cheeses, fruits)... a big discovery plate to sit down and share	Winner Winner Chicken Dinner with diced or zoodled zucchini or brown / white rice	Chocolate Buckwheat Bars
2 – TUES	Eggy Rice with Bacon Bits	Leftover sausages from Monday's breakfast, cherry tomatoes, 2 dried sulphur-free apricots, cucumber wheels and a handful of plain rice crackers	Brown Rice Risotto with Macadamia Cheese, with a simple grated carrot and apple mix on the side for freshness	Chia Pudding
3 – WED	Breakfast Ice Cream	Leftover Winner Winner Chicken Dinner with rice in a hot pot if school OR at home with greens at hand as crunch raw finger food (celery, cucumber)	Set and Forget Lamb Shoulder served with roast sweet potato and minty peas (peas with butter and mint)	High Energy Mango Macadamia Smoothie
4 – THURS	Smashed avocado on buckwheat crackers / toast with purple sprinkles (dulse flakes)	Pâté and crackers with veggie sticks OR tinned fish, sliced tomato and crackers / sourdough	Zesty Buckwheat Pasta, side of crudités or steamed buttered veggies	Salted Carob Bliss Balls
5 – FRI	Yoghurt Fruit Stack – your choice of dairy free / whole yoghurt, stacked with fruit, nuts, desiccated coconut, seeds. Build your own adventure with your kids	Leftover lamb shoulder, sweet potato as hot pot or served in lettuce cups with meat forked apart	Mexican Stack	Veggie sticks and guacamole
6 – SAT	Perfect Pikelets with Yoghurt / Cream / Fruit	Tomato, Kale and Chorizo Frittata	Sticky Tamari Meatballs with greens and optional rice	Super Speedy Chocolate Breakfast Shake – perfect for Saturday sports nourishment kick on the go!
7 – SUN	Chocolate Quinoa Porridge	Savoury Paleo Slice	Roast Chicken Dinner	Homemade Vanilla Bean Custard

