



The Functional Foodie

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	2 scrambled eggs on toast with spinach and grilled tomatoes	Sliced peppers (any colour) with tahini hummus or cottage cheese (mixed with chilli, spices, herbs or pesto if you like)	Grilled/roasted chicken or fish (trout, salmon, mackerel) with a large salad (green, chickpea, bean, etc, or a mixture)	Apple, pear or a cup of berries with yogurt and a small handful of nuts and seeds	Stir fry with lots of different coloured veg, strips of chicken, turkey or fish
Tuesday	Smoothie (for an extra boost, add a spoonful of greens powder and/or raw cacao)	Pea guacamole with crudité's with glass of mixed apple and carrot juice with fresh ginger	Soup with tuna salad (avocado, green beans, peppers, spring onions, fresh herbs, cucumber cherry tomatoes, green leaves)	Fresh fruit with a few nuts and some seeds	Brown basmati rice mixed with caramelised onions, chickpeas, butter beans, peas, spinach, carrot slivers, etc, with pieces of grilled/roast chicken (cook enough for lunch tomorrow)
Wednesday	2 x poached eggs on toast with a layer of greens, plus grilled tomatoes.	Veg crudité's with cottage cheese or tahini hummus	Brown rice from last night with a piece of grilled/roast chicken, turkey or salmon, with a large leafy salad	Oatcakes with nut butter	Grilled/poached or steamed white fish with lemon, olive oil and herbs, with a selection of steamed veg. Toss them in extra virgin oil and some sesame seeds
Thursday	Frittata (the recipe should leave enough for lunch tomorrow)	Sliced chicken or turkey breast with tomatoes and cucumber, or smoked salmon with lemon	Soup. Try adding some chickpeas or butter beans. Piece of fruit	An apple with cottage cheese or yoghurt and a sprinkling of seeds	Grilled lean meat (or fish) on a bed of steamed or roasted veg with a drizzle of extra virgin olive oil
Friday	Smoothie (for an extra boost, add a spoonful of greens powder and/or raw cacao)	Pea guacamole with veg crudites	Frittata slice with Greek salad	Yogurt with nuts and seeds, plus a piece of fruit	Casserole made with chicken, beans and lentils. Serve with quinoa or brown basmati
Saturday	Pancakes with fruit, yogurt and cinnamon, or mushrooms and spinach, sprinkled with crumbled feta or grated goat's cheese	Yogurt with berries and a handful of nuts and seeds	Wrap with tahini hummus or pea guacamole, and roasted veg, plus green leaves, with an apple or pear	Bowl of Greek salad	Chicken or turkey meatballs in tomato sauce, on a bed of brown basmati rice or quinoa mixed with veg
Sunday	This is totally up to you – time for a day of mix and match planning for yourself!	By now you will have a good idea of how to balance foods, combining protein with carbohydrates and healthy fats.	Think about the week ahead – what can you make up to use for consecutive days?	How can you plan ahead to make eating nutritious, delicious and easy on your time? More recipes and info to come, but for this week –	enjoy, and congratulate yourself every day (and every meal) that you are doing your body, mind and spirit good!