Meal Plan Ideas

BREAKFAST IDEAS

- Berry Smoothie
- Eggs, fried, scrambled, Poached on a bed of sliced avocado
- Omelette with veggies
- Oatmeal
- Overnight oats
- Protein Shake
- Yoghurt with fresh berries
- Sugar free granola
- Breakfast frittata
- Breakfast salad

DINNER IDEAS

- Protein and vegetable
- Protein and salad
- Protein and rice
- Frittata
- Wild/Brown Rice Paella
- Stir fry
- Quiche
- Casserole
- Cauliflower base Pizza
- Salad Bowl
- Vegetable bake

LUNCH IDEAS

- Salad with protein
- Stir fry
- Lettuce wraps
- Frittata
- Omelette
- Seafood
- Quinoa/Rice Salad
- Roast vegetable salad
- Protein Shake
- Smoothies
- Soup

SNACK IDEAS

- Raw chopped veggie sticks/pieces
- Raw nuts
- Protein balls
- Fruit
- Yoghurt
- Smoothie
- Roasted chickpeas
- Sugar free dark chocolate
- Sugar fee nut bars
- Sugar free oat bars
- Mini quiches

Want some recipe inspiration then check our - 'That Sugar Guide' by Damon and Zoe Gameau or Sarah Wilson 'I quit Sugar' recipe books, both are loaded with recipes.