

Breakfast and Lunch Meal Ideas

Rule of thumb: Include protein and healthy fat in both these meals.

PROTEIN: Meat, fish, fowl, protein powder, quinoa, eggs, tofu, tempeh, soya beans, seeds, yoghurt, cheese, nuts and nut butter, seeds.

NB Choose highest quality where possible = organic, grass fed, raw.

HEALTHY FAT: Olive oil, coconut oil, flaxseed oil, macadamia nut oil, avocado, nuts and seeds, olives, wild fish, coconut milk, high quality grass fed meat, high quality organic dairy products, especially if raw.

1. Omelette – (use free range eggs) and soya beans.
2. Proper Salad (ie. with protein and fat). Choose from each category:

PROTEIN	HEALTHY FAT	CARBOHYDRATE
Boiled Egg Meat Soya Beans Fried Tofu Fish	Avocado Nuts Seeds (especially milled Flax seeds) Olive oil dressing	Any Salad Veggies of your choice

3. Protein Shakes. You can put ground almonds and nut butter in and coconut milk for healthy fat.
4. Grilled bacon, scrambled egg, grilled tomatoes.
5. Stir fry with a protein source eg tofu, chicken, soya beans and using olive oil and milled flax seeds. Plus quinoa if you like.
6. Spaghetti Bolognese (include protein).

YOUR IDEAS