



WEEK 6: BIG EVENT COUNTDOWN MEAL PLAN

Whether it's a hot date, your wedding anniversary or a big work presentation, there is one thing you want to be certain of when there is a big event on the horizon— that you will look and feel your best. Confidence needs to ooze and conversation to flow and there is only one way to make this happen!

This week's menu plan is focused on avoiding foods that tend to make people feel bloated and lethargic while including foods that reduce puffiness and fluid retention. I highly recommend you take a probiotic every morning this week to soothe your digestion and reduce bloating. Check out Libby's fabulous exercise plan as it will have you feeling fit and confident, too.

Monday	
Breakfast	1 poached egg topped with diced tomato on 1 slice sourdough toast
Lunch	Salad of lettuce, avocado, sprouts, celery, cucumber and 95gr tin tuna. Don't forget to eat tuna that has been given the tick by Greenpeace - http://www.emmasutherland.com.au/wp-content/uploads/2011/03/Greenpeace-Canned-Tuna-Guide.pdf
Dinner	150gr baked salmon with zucchini, eggplant & ginger sautéed in extra virgin olive oil. Ginger alleviates gastrointestinal issues such as bloating and has anti-inflammatory compounds
Snacks	60gr natural yoghurt mixed with 2tsp flax seeds & 1tsp LSA. Flax seeds are an excellent source of omega-3 fatty acids & LSA is high in fibre
Drinks	Dandelion tea
Health notes	Dandelion is a wonderful diuretic and will reduce fluid retention. Cankles be gone!

Tuesday	
Breakfast	1 cup Bircher muesli with natural yoghurt, berries and 1tsp chia seeds
Lunch	300ml miso soup with bok choy, spinach and 60gr chopped tofu
Dinner	150gr baked chicken with pan-seared mushrooms, spinach and asparagus
Snacks	Raw carrot or celery sticks with hummus
Drinks	150ml carrot, celery & ginger juice
Health notes	Chia seeds keep you feeling full for hours due to their high water soluble fibre. Asparagus is a strong kidney tonic and will reduce fluid retention.

Wednesday	
Breakfast	2 slices sourdough toast with avocado and tomato

Lunch	Salad of spinach, salad greens, cucumbers and 80gr cannellini beans. Cannellini beans are a great source of fibre and high-quality protein
Dinner	Sautéed squash, eggplant and mushrooms with ½ cup cooked quinoa, add Tamari to taste and include herbs of choice such as ginger, turmeric or chilli
Snacks	1 banana and 5 Brazil nuts
Drinks	1 cup miso soup
Health notes	Miso soup promotes healthy gut bacteria. When your gut bacteria is out of balance you will be bloated, windy and have irregular bowel motions

Thursday	
Breakfast	Power smoothie: 200ml almond milk, 30gr rolled oats, 1tsp spirulina, 1tbsp natural yoghurt, 30gr frozen berries, 1 tsp chia seeds
Lunch	Mushroom and leek soup- 2 medium leeks, 16 large, chopped mushrooms, 1 packet miso soup, 2 cups water, chives, simmer for 8 minutes then blend
Dinner	Salad of 150gr grilled lamb, spinach, olives, cucumber and dressing of lemon juice, lemon zest and extra virgin olive oil. Meat will only feature once this week as I want to lighten your digestive load and avoid bloating
Snacks	2 rice cakes with avocado or tahini
Drinks	150ml carrot, celery, apple, mint, parsley juice
Health notes	Spirulina – wonderful for an energy boost as it contains great levels of B vitamins

Friday	
Breakfast	2 egg omelette with 30gr fetta & fresh parsley
Lunch	80gr turkey with salad on a wrap
Dinner	150gr snapper fillet baked with sweet potato, capsicum, carrot, beetroot & fresh herbs
Snacks	5 brazil nuts and 1 orange
Drinks	1 cup miso soup
Health notes	Turkey contains the amino acid tryptophan which helps to increase the feel good hormone serotonin

Saturday	
Breakfast	Buckwheat pancakes with ricotta, honey and cinnamon
Lunch	95gr canned red salmon, rocket & green bean salad
Dinner	1 cup barley risotto with broad beans, peas and fetta finished with lemon zest & parsley
Snacks	1 apple with 10 cashews
Drinks	150ml beetroot, celery, apple, cucumber juice
Health notes	Celery is nature's best diuretic and as it is very alkaline will reduce inflammation in your body

Sunday	
Breakfast	1 cup Bircher muesli with natural yoghurt, berries and 1tsp chia seeds
Lunch	Rye sandwich with bocconcini, pesto, lettuce, carrot and tomato
Dinner	2 oven baked lemongrass and chilli chicken drumsticks with steamed green vegetables
Snacks	½ cup cucumbers with hummus

Drinks	Lemongrass tea
Health notes	Lemongrass is such an uplifting herb and will optimise your mood and motivation