



WEEK 2: DE-STRESS HEALTHY MEAL PLAN

Stress affects us physically, mentally and emotionally. The biggest stress hormone, cortisol, uses up a lot of B vitamins and magnesium so foods high in these two nutrients will be a focus on this menu plan. Tryptophan is an essential amino acid that is the building block for our feel good neurotransmitter, serotonin. B vitamins are crucial in making serotonin from tryptophan so let's make sure that you have plenty of these vital nutrients! Last but not least are the calming Omega-3 essential fatty acids which literally soothe a frazzled nervous system.

Monday	
Breakfast	Stewed apple, pear & figs with cinnamon and 70gr natural yoghurt and 2 tsps chia seeds
Lunch	Grilled pumpkin salad with 80gr 3 bean mix and parsley
Dinner	100gr oven baked cod fillet with broccoli, asparagus and spinach
Snacks	Mandarin & boiled egg
Drinks	Dandelion leaf tea
Health notes	Green vegetables are a great source of easily absorbed B vitamins

Tuesday	
Breakfast	2 poached eggs with sautéed mushrooms
Lunch	Salad of broccoli with cannellini beans, sunflower seeds and lemon zest
Dinner	150gr lamb with pumpkin & sweet potato mash
Snacks	1 apple & handful of sunflower seeds
Drinks	Coconut water
Health notes	Lamb contains lots of tryptophan as well as iron & zinc

Wednesday	
Breakfast	Power smoothie - 100ml milk, 30gr rolled oats, 1tsp Acai powder, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
Lunch	3 bean salad with rocket, carrots, parsley and pumpkin seeds
Dinner	100gr grilled salmon with quinoa tabouli
Snacks	1 peach/nectarine & 8 tamari almonds
Drinks	Nettle tea – very high in minerals, add peppermint tea for taste
Health notes	Oats have long been known to have a calming effect and this is due to their high magnesium content

Thursday	
Breakfast	1 cup Bircher muesli with fresh berries and 1 tsp chia seeds
Lunch	80gr turkey in a wrap with avocado, red capsicum, rocket
Dinner	100gr chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas
Snacks	2 rice thins with hummus and rocket
Drinks	150ml fresh apple, pineapple and mint
Health notes	Turkey has one of the highest levels of tryptophan of all food

Friday	
Breakfast	Cinnamon stewed fruit with quinoa/amaranth porridge
Lunch	1.5 cups minestrone and quinoa soup
Dinner	Barley risotto with lamb, parsley & watercress
Snacks	35gr trail mix
Drinks	150ml fresh carrot, beetroot, celery and apple juice
Health notes	Trail mix is an easy way to get magnesium and protein – combine unsalted almonds, Brazil nuts, sunflower seeds, pumpkin seeds (both seeds are high in magnesium), Goji berries (high antioxidant levels)

Saturday	
Breakfast	Smoothie with protein powder, coconut water, Acai powder, natural yogurt, frozen berries and 1 tsp flax seeds oil
Lunch	95 gr tinned red salmon and green bean salad
Dinner	Watercress, spinach and cannellini bean soup
Snacks	2 rice thins with avocado and tomato
Drinks	Miso soup
Health notes	Flax seed oil is a source of essential fatty acids, especially if you are vegetarian

Sunday	
Breakfast	1 cup seasonal fruit with coconut flakes, sunflower seeds & 80gr natural yoghurt
Lunch	1 cup buckwheat noodles with broccoli & spinach in a miso based broth
Dinner	100gr grilled ocean trout with quinoa tabouli
Snacks	Air popped pop corn
Drinks	150ml fresh juice of kale, whole lemon, cucumber and ginger
Health notes	Ocean trout is a brilliant source of Omega-3 essential fatty acids