

# WEEK 2 - STEPS

1. Meal plan & prep your breakfasts for the next week **using the options provided.**
2. Let me know in the FB group if you would like an Accountability Buddy (comment 'ME' on the post).
3. Continue to keep up daily lemon water, good hydration and cutting out all sugary or sweetened drinks as well as alcohol.



# How to get it right

- 1. Plan & Prep**
- 2. Zero Sugar & Low carb**
- 3. High Protein**
- 4. Nutrient Dense**
- 5. Bigger portions**
- 6. Have breakfast later**



# Chia or Linseed Pudding

- 2 tbsp chia seeds
- 1 tsp linseeds
- 1 cup almond milk  
(1 portion)
- Add everything to a mason jar and shake well several times before leaving in the fridge over night
- Add berries, berry powder, grated apple, cinnamon or cacao



# Overnight Oats

- 4 tablespoons oats
  - 1 tablespoon chia seeds
  - 1 tablespoon linseeds
  - 1-1.5 cups unsweetened almond milk
  - 1 tablespoon nut butter of choice
  - 1/2 teaspoon cinnamon
- (1 portion)

Mix and stir well. Leave in fridge overnight. Add fresh or frozen fruit of choice in the morning.



# High Protein Yoghurt

With berries, berry  
powder, cacao  
nibs & seeds



# Nut & Seed Granola

- 3 cups of nuts eg. almonds, hazelnuts, cashews
  - 1/2 cup of coconut chips
  - 1/4 cup cacao nibs
  - 3/4 cup of mixed seeds
  - 1tbs cacao powder
  - 3-4 finely chopped dates
- (4 portions)

Pulse these in a food processor for a few seconds until you get a granola like texture



**GRAIN FREE**  
**CHOCOLATE GRANOLA**

# EGGS

With avocado,  
mushrooms,  
tomatoes or any  
veggies you like



# High Protein Smoothie

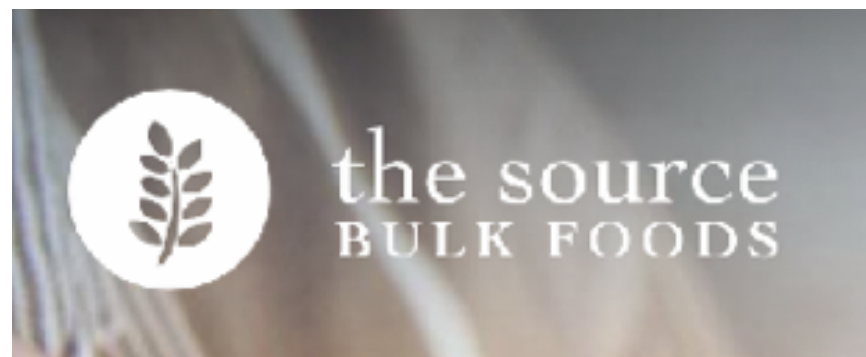
- 2 handfuls of green leafy veg e.g. kale, spinach, lambs lettuce
- 1 kiwi
- 1/2 avocado
- 1tbsp hempseed + 1tbsp chia seeds (or protein powder)
- 2 cups almond milk



Creamy Breakfast  
Smoothie



# Brands I recommend



- The Source Bulk Foods
- Yeo Valley Kernald Yoghurt
- Plenish Plant Milk
- Meridian Nut butter
- Raw Gorilla Keto Granola
- Arctic Power
- NUZEST (10% off at Natural Dispensary with code UTAB10)

