

NOURISH WEEK 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>BREAKFAST</b>	<b>Overnight oats:</b> ½ cup oats ½ small banana 1 scoop vanilla protein powder 1 cup filtered water  10 almonds	1 toast 1 tbsp peanut butter ¾ cup cottage cheese  <i>Top Tip: Try adding some cinnamon on top for extra flavour!</i>	<b>Tropical greens smoothie:</b> ¾ cup frozen mango ½ cup plain yoghurt 1 cup coconut water ½ scoop vanilla protein powder Handful of spinach Filtered water or ice	<b>Overnight oats:</b> ½ cup oats ½ small banana 1 scoop vanilla protein powder 1 cup filtered water  10 almonds	1 toast 1 tbsp peanut butter ¾ cup cottage cheese  <i>Top Tip: Add a small handful of fresh berries to brighten up your cottage cheese</i>	<b>Tropical greens smoothie:</b> ¾ cup frozen mango ½ cup plain yoghurt 1 cup coconut water ½ scoop vanilla protein powder Handful of spinach Filtered water or ice	<b>Pancake Sunday:</b> 1 mashed banana 2 whisked eggs 1 scoop vanilla protein ¼ cup almond milk Combine and cook as mini pancakes Top with: ½ cup fresh berries 1 tbsp almond butter
<b>LUNCH</b>	Palm sized serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source	<b>Sushi bowl:</b> Palm sized serve protein ½ cup cooked brown rice 1 chopped capsicum 1 sheet nori ¼ avocado ¼ cup edamame Splash of tamari	Palm sized serve protein ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source 1 wholemeal wrap	<b>Throwback Thursday</b> Relive the taste!  <b>Buckwheat pasta salad*</b>  1 small can tuna	<b>Fast Food Friday</b> Déjà vu deliciousness.  <b>Speedy Creamy Raw Pasta*</b>  Palm sized serve protein  Handful spinach	<b>Leftover MNB Pizza</b>  2 cups green salad	<b>Sushi bowl:</b> Palm sized serve protein ½ cup cooked brown rice 1 chopped capsicum 1 sheet nori ¼ avocado ¼ cup edamame Splash of tamari
<b>DINNER</b>	<b>Salmon and Cauliflower Rice Bowl*</b>	Palm sized serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 1 cup steamed vegetables Your favourite fat source	<b>Buckwheat pasta salad*</b>  1 small can tuna  <i>Top Tip: Make enough for tomorrows lunch!</i>	<b>Speedy Creamy Raw Pasta (Zoodles)*</b>  Palm sized serve protein Handful spinach  <i>Top Tip: Make enough for tomorrows lunch!</i>	<b>Fast Food Friday</b> MNB approved pizza*  Use a wholegrain or gluten free wrap as a base, add your favourite nourishing ingredients	<b>Salmon and Cauliflower Rice Bowl*</b>	Palm sized serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source
<b>SNACKS</b> <b>MORNING TEA, AFTERNOON TEA &amp; EVENING OPTIONS</b>	1 cup carrot sticks ¾ cup cottage cheese 1 tbsp peanut butter ½ cup plain yoghurt 10 almonds	½ cup plain yoghurt 10 almonds  <b>Protein Bliss Balls*</b>	4 rice cakes 1 small can tuna 1 tomato ¼ avocado ½ cup plain yoghurt 10 almonds	<b>Protein Bliss Balls*</b> <b>Green smoothie</b> 1 small banana Handful of spinach 1 tbsp peanut butter 1 scoop vanilla protein powder 1 cup ice Filtered water	1 cup carrot sticks ¾ cup cottage cheese 1 tbsp peanut butter ½ cup plain yoghurt 10 almonds	½ cup plain yoghurt 10 almonds  <b>Protein Bliss Balls*</b>	4 rice cakes 1 small can tuna 1 tomato ¼ avocado ½ cup plain yoghurt 10 almonds
<b>LIQUID</b>	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea

Notes

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**NOURISH WEEK 2: VEGETARIAN/VEGAN/DF OPTION**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>BREAKFAST</b>	<b>Overnight oats:</b> ½ cup oats ½ small banana 1 scoop vanilla protein powder 1 cup filtered water  10 almonds	1 toast 1 tomato ½ cup VG cottage cheese** <i>**Blend ¼ cup silken tofu with lemon juice, salt, dash of apple cider vinegar. Crumble in ¼ cup firm tofu and mix.</i>	<b>Tropical greens smoothie:</b> ¾ cup frozen mango ½ cup plain yoghurt 1 cup coconut water ½ scoop vanilla protein powder Handful of spinach Filtered water or ice	<b>Overnight oats:</b> ½ cup oats ½ small banana 1 scoop vanilla protein powder 1 cup filtered water  10 almonds	1 toast 1 tbsp hummus 1 tomato ½ avocado Handful spinach	<b>Tropical greens smoothie:</b> ¾ cup frozen mango ½ cup plain yoghurt 1 cup coconut water ½ scoop vanilla protein powder Handful of spinach Filtered water or ice	<b>Pancake Sunday:</b> ¾ cup oats ½ cup almond milk ½ banana Blend and cook as pancakes Top with: <b>MNB Chia Jam*</b> ¼ cup yoghurt
<b>LUNCH</b>	1 serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source	<b>Sushi bowl:</b> 1 serve protein ½ cup cooked brown rice 1 chopped capsicum 1 sheet nori ¼ avocado ¼ cup edamame Splash of tamari	1 serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source	<b>Throwback Thursday</b> Relive the taste!  <b>Buckwheat pasta salad*</b>  ½ cup chickpea tuna	<b>Fast Food Friday</b> Déjà vu deliciousness.  <b>Speedy Creamy Raw Pasta*</b>  1 serve protein  Handful spinach	<b>Leftover MNB Pizza</b>  2 cups green salad	<b>Sushi bowl:</b> 1 serve protein ½ cup cooked brown rice 1 chopped capsicum 1 sheet nori ¼ avocado ¼ cup edamame Splash of tamari
<b>DINNER</b>	<b>Salmon and Cauliflower Rice Bowl*</b> <i>**Swap out the salmon for 'eggplant steak' grilled with miso, tamari, chili &amp; sesame oil</i>	1 serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source	<b>Buckwheat pasta salad*</b>  'Chickpea Tuna**' <i>**Blend 1 can chickpeas, ½ red onion, ½ celery stalk, lemon juice, 1 tsp dill, ½ avocado, mayonnaise optional. Top Tip: Make enough for tomorrows lunch!</i>	<b>Speedy Creamy Raw Pasta (Zoodles)*</b>  1 serve protein  Handful spinach  <i>Top Tip: Make enough for tomorrows lunch!</i>	<b>Fast Food Friday</b> MNB approved pizza*  Use a wholegrain or gluten free wrap as a base, add your favourite nourishing ingredients	<b>Salmon and Cauliflower Rice Bowl*</b> <i>**Swap out the salmon for 'eggplant steak' grilled with miso, tamari, chili &amp; sesame oil</i>	1 serve protein ½ cup cooked brown rice or ½ cup sweet potato or ¾ cup pumpkin 2 cups green salad Your favourite fat source
<b>SNACKS</b> <b>MORNING TEA, AFTERNOON TEA &amp; EVENING OPTIONS</b>	1 cup carrot sticks ¾ cup VG cottage cheese 1 tbsp peanut butter ½ cup yoghurt 10 almonds	½ cup plain yoghurt 10 almonds <b>Protein Bliss Balls*</b>	4 rice cakes 2 tbsp hummus 1 tomato ¼ avocado ½ cup yoghurt 10 almonds	<b>Protein Bliss Balls*</b> <b>Green smoothie</b> 1 small banana Handful of spinach 1 tbsp peanut butter 1 scoop vanilla protein powder 1 cup ice Filtered water	1 cup carrot sticks ¾ cup VG cottage cheese 1 tbsp unhulled tahini ½ cup yoghurt 10 almonds	½ cup plain yoghurt 10 almonds <b>Protein Bliss Balls*</b>	1 cup carrot sticks ¾ cup VG cottage cheese 1 tomato ¼ avocado ½ cup yoghurt 10 almonds
<b>LIQUID</b>	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea	2-3L water Herbal tea

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