

# 7 Day Body Challenge Menu Plan

## FRESH WHOLEFOOD MENU



# Breakfast

Meal	Ingredients	Cooking Instructions	Shopping List
<p data-bbox="199 400 461 427">Green Breakfast Bowl</p> 	<p data-bbox="524 400 1070 724">                     2-3 teaspoons avocado or olive oil                      2-3 eggs                      1/4 cup chopped red onion                      2 -3 cups baby greens (spinach, kale or your favorite green)                      1/2 cup roasted cauliflower or roasted sweet potatoes                      1/3 avocado, sliced                      microgreens (sprouts, watercress etc)                      fresh dill                      sea salt and pepper                 </p>	<ol data-bbox="1173 400 1765 1018" style="list-style-type: none"> <li>1. For roasted cauliflower/sweet potatoes: Spread 3-4 cups of chopped veggies on a large baking sheet or stone and toss with 1-2 teaspoons olive oil, salt and pepper. Roast for 20 minutes at 425°F or until the veggies have browned and become tender. Be sure to toss the veggies at least once while roasting.</li> <li>2. Heat 2 teaspoons oil in a large skillet over medium heat. Once hot add onion and sauté for about 5 minutes. Add greens and roasted cauliflower and toss to combine. Sprinkle with sea salt. Cook, stirring often, 2 minutes or just until greens begin to wilt.</li> <li>3. Transfer veggies to a salad bowl and then crack two eggs into the same pan, adding a little more oil if needed. Cook eggs to desired consistency sprinkle with salt and pepper and place on top of sautéed greens. Top bowl with microgreens, fresh dill and sliced avocado. Serve with more salt and pepper and hot sauce if desired.</li> </ol>	<p data-bbox="1787 400 1951 692">                     Avocado                      Eggs                      Red Onion                      Spinach                      Kale                      Asparagus                      Cauliflower                      Sweet Potato                      Watercress                      Dill                 </p>

### Quinoa Porridge



1 cup almond milk  
1 cup water  
1/2 cup quinoa  
2 apples, chopped or grated with skin  
1/2 teaspoon ground cinnamon  
1 teaspoon coconut sugar  
1 tablespoon ground linseed (flaxseed) or LSA  
(linseed, sunflower seed, almonds)

1. Rinse quinoa under cold running water.
2. Combine with the water in a pot and bring to the boil.
3. Reduce the heat - cover and cook for 10 minutes until soft.
4. Add milk, apple, cinnamon, seeds and vanilla.
5. Cook for 5 minutes until creamy - add more milk if needed for a creamier texture.
6. Spoon into serving bowls and enjoy.

Quinoa  
Almond milk  
Apples  
Cinnamon  
Ground sugar  
LSA

<p>Gluten Free Corn Fritters</p> 	<p>500 g raw sweet corn kernels - about 3 ears of corn 1 red capsicum, finely chopped</p> <p>bunch coriander, chopped 4 spring onions, finely sliced Pinch of sea salt and freshly ground pepper 4 organic eggs 2 generous tablespoons coconut flour (see notes for alternatives) Serve with avocado salsa and tomato salsa</p>	<ol style="list-style-type: none"> <li>1. Combine half of the sweet corn kernels with the eggs, salt and pepper into a food processor or high performance blender like Vitamix.</li> <li>2. Process for 1 minute or until the corn has broken up and forms a batter with the eggs.</li> <li>3. Spoon sweetcorn puree into a bowl.</li> <li>4. Fold in the rest of the corn kernels, coriander, capsicum, spring onion and coconut flour to form a batter. Adjust to taste.</li> <li>5. Heat 2 tablespoons olive oil, ghee or coconut oil in a frying pan over a gentle heat.</li> <li>6. Drop 2 tablespoons of mixture per fritter into the pan and cook in small batches for 4 minutes each side or until firm and golden.</li> <li>7. Be gentle and patient and wait for the fritters to cook through properly.</li> <li>8. Serve with leafy greens, smashed avocado and tomato salsa.</li> </ol>	<p>Fresh Corn Red Capsicum Coriander Onion Eggs Coconut Flour Spinach Garlic</p>
<p>Mexican Inspired Breakfast Plate</p> 	<p>2 Seed Crackers 1 Mashed Avocado Half a Lime 2 Cloves Garlic Crushed 1 Raw Corn Cob Small Bunch Corriander 2 Tomato 2 Boiled Eggs</p>	<ol style="list-style-type: none"> <li>1. Boil two eggs and slice</li> <li>2. Mash avocado with squeezed lime and crushed garlic</li> <li>3. Chop corn, corriander and tomato finely and toss with a dash of olive oil and salt and pepper</li> <li>4. Place sliced eggs on seed cracker and top with corn and tomato salsa</li> <li>5. Place sliced avocado on the side</li> </ol>	<p>Seed Crackers Gluten Free Avocado Lime Garlic Corriander Tomato Eggs</p>

<p>Breakfast Salad Bowl</p> 	<p>2 eggs 1 avocado 7 grape tomatoes 2 cups lettuce 1/4 cup cooked quinoa 1 Tbsp cashews salt/pepper</p>	<ol style="list-style-type: none"> <li>1. Poach the eggs.</li> <li>2. Create the salads by layering the lettuce, tomatoes, cooked quinoa, avocado, and nuts.</li> <li>3. Add the poached eggs and top with salt/pepper to taste.</li> </ol>	<p>Eggs Cashews Grape Tomatoes Rocket Lettuce Quinoa</p>
<p>Green Smoothie</p> 	<p>2 Handfuls (approximately 2 cups) Kale 2 Handfuls (approximately 2 cups) Baby Spinach 1 cups apple ½ Cucumber ½ Lemon, squeezed (for extra benefits, use the juice from an entire lemon) 1 Banana Ice 1 teaspoon Fresh Ginger, grated</p>	<ol style="list-style-type: none"> <li>1. Place all ingredients in a blender and blend until smooth. Drink right away as the foam will rise to the top which means that you have lots of good fiber to drink.</li> </ol> <p>*Using a frozen banana will allow you to use less ice.</p>	<p>Kale Baby Spinach Apple Cucumber Lemon Banana Ginger</p>

<p>Chia Seed, Coconut &amp; Berries Smoothie Bowl</p> 	<p>2 cups frozen or fresh mixed berries (9 ounces), plus fresh berries, for serving  1 cup coconut yoghurt, chilled  4 teaspoons chia seeds, plus more for serving  2 tablespoons agave syrup or honey  ¼ teaspoon ground cinnamon  Coarse salt</p>	<p>1. Puree all until smooth and service with strawberry garnish.</p>	<p>Frozen Berries  Fresh Strawberries  Coconut Yoghurt  Chia Seeds  Honey  Cinnamon</p>
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# Lunch

Meal	Ingredients	Cooking Instructions	Ingredients Needed
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<p>Sweet Potato Rosti w Smoked Salmon &amp; Shaved Cucumber</p> 	<p>1/2 large sweet potato, peeled 1 egg 1 Lebanese cucumber 1/4 Spanish onion, peeled 150gm smoked salmon 1 tbs whole egg mayonnaise, made with olive oil if available Fresh lemon or lime Black pepper, sea salt 2 tbs of coconut oil Fresh small bunch parsley Olive oil to drizzle</p>	<ol style="list-style-type: none"> <li>2. Grate sweet potato, using the larger holes of the grater. Mix with 1 whole egg, half a teaspoon of sea salt and a pinch of cracked black pepper.</li> <li>3. Heat a frying pan with 1 teaspoon of ghee. Transfer potato mix to the middle of the pan, spread and flatten using a spatula until the layer is nice and thin, about 70mm.</li> <li>4. Turn the heat down to medium and fry, covered with a lead, for 2-3 minutes. To flip the pancake without breaking it, put a large plate face down on top of the pancake and turn the frying pan upside down. The pancake will fall on your plate, cooked side up. Add another 1/2 teaspoon of ghee to the frying pan and once melted, slide the pancake back into the pan. Cook uncovered on low heat for 3 minutes, then turn the heat back to medium and fry for a further 3 minutes.</li> <li>5. While pancake is cooking, peel the cucumber into long strips and thinly slice the onion.</li> <li>6. To assemble, carefully transfer the pancake to a large serving plate. Spread 1 tablespoon of good quality or home-made mayonnaise and scatter slices of salmon, cucumber strips and onion on top. Drizzle with some lemon or lime juice and olive oil, finish up with a sprinkle of black pepper. Fresh parsley would be the ideal herb to garnish.</li> </ol>	<p>Sweet Potato Egg Cucumber Red Onion Smoked Salmon Natural Mayonnaise Lime Coconut Oil Parsley</p>
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Quinoa Chicken Salad Bowl  
with Bone Broth Side



200 g Quinoa (I used three-colour quinoa, but regular is fine)  
 1 cup chicken stock  
 70 g baby spinach  
 1 ripe avocado peeled and de-stoned and roughly chopped  
 1/2 tsp lemon juice  
 1/2 clove garlic peeled and minced  
 pinch of salt and pepper  
 70 g rocket leaves  
 1 cooked chicken breasts  
 1/4 red onion peeled and sliced  
 10 cherry tomatoes sliced in half  
 Small bunch fresh parsley chopped

Lemon vinaigrette:  
 Juice of 2 lemons  
 100 ml extra-virgin olive oil  
 1/4 tsp dried oregano  
 Salt and pepper to taste

1. Place the quinoa in a pan with the chicken stock. Cook as per pack instructions (usually this is 600ml of water for 200g quinoa, then boil and simmer for 20 mins). Place the baby spinach in the pan on top of the quinoa and place a lid on for the last minute to wilt the spinach. Remove the lid and leave to cool.
2. Make the vinaigrette by whisking all of the vinaigrette ingredients together.
3. Place the chopped avocado in a bowl with the lemon juice, garlic salt and pepper. Mash together roughly with a fork (I like to leave a mine quite lumpy and rustic looking).
4. Place the cooked quinoa in a large serving bowl. Top with the salad leaves, sliced chicken, wilted spinach, mashed avocado, red onion slices, cherry tomatoes. Sprinkle with parsley before serving.

Quinoa  
 Chicken stock  
 Baby spinach  
 Avocado  
 Lemon  
 Garlic  
 Rocket  
 Red onion  
 Cherry Tomatoes  
 Parsley

<p>Gluten Free Vege Fajitas</p> 	<p>2 skinless, boneless chicken breasts  1 red peppers, sliced  1 large zucchini  1/2 large onion, sliced  1 garlic cloves, minced  1/2 tsp dried oregano  1/4 tsp sweet smoked paprika  1/4 tsp cayenne pepper  pinch of cumin  2 tbsp olive oil  1 tbsp lime juice  salt, black pepper to taste  large lettuce or cabbage leaves  4 tbl sp sauerkraut</p>	<ol style="list-style-type: none"> <li>1. Slice chicken breasts into thin strips. In a small bowl combine 2 tablespoons of olive oil, lemon juice, oregano, cayenne pepper, smoked paprika, garlic, ½ teaspoon salt and ¼ teaspoon of black pepper. Add chicken strips and toss to coat. Marinate for 30 minutes.</li> <li>2. Preheat 1 tablespoon olive oil in a large skillet over medium high heat. Add onion, sliced zucchini and red peppers and cook for 5 to 7 minutes or until crisp-tender. Remove from the skillet and set aside.</li> <li>3. In the same skillet, preheat remaining olive oil. Add chicken and cook for 5-6 minutes, stirring occasionally, or until no longer pink. Return pepper mixture to skillet, toss to combine and cook for one minute more. Adjust the taste with more salt and black pepper if necessary. Spoon chicken mixture onto lettuce or cabbage leaves and serve with sauerkraut as garnish.</li> </ol>	<p>Chicken Breast  Red Peppers  Zuchinni  Onion  Garlic  Oregano  Smoked Paprika  Cayenne Pepper  Cumin  Olive Oil  Lime  Cabbage or  Lettuce Cups  Saurkraut</p>
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### Rainbow Superfoods Salad



6 cups mixed greens or chopped lettuce  
½ red bell pepper/capsicum, sliced  
½ yellow pepper/capsicum, sliced  
handful of sauerkraut  
½ red onion, finely sliced  
1 zucchini, sliced  
1 pear, sliced  
1 apple sliced  
1 avocado, sliced  
handful almonds  
handful pumpkin seeds

#### For the dressing

⅓ cup extra virgin olive oil  
2 tablespoons lemon juice  
2 tablespoons natural mayonnaise  
1 teaspoon honey  
1 garlic clove, minced  
handful fresh basil, finely chopped OR 1  
teaspoon dried basil  
½ teaspoon sea salt  
fresh cracked pepper

1. In a large bowl top greens with sliced zucchini, peppers, apple, pear, pomegranate and avocado. Sprinkle with sauerkraut, hemp and pumpkin seeds.
2. Combine all ingredients for the dressing in a jar, cover and shake until everything is combined.
3. Pour dressing over the salad just before serving and enjoy!

Baby Spinach  
Red Capsicum  
Yellow Capsicum  
Saurkraut  
Red onion  
Zucchini  
Pear  
Apple  
Avocado  
Almonds  
Pumpkin Seeds

<p>Beetroot Detox Salad</p> 	<p>3 large beets, peeled and shredded {makes 2-3 cups}  1/2 head green cabbage, finely chopped {makes about 2 cups}  1 bunch dinosaur kale, de-stemmed and shredded {makes about 2 cups}  1/2 cup fresh cilantro, finely chopped  zest of 1 lemon {~1 Tbl}</p> <p>Detox Salad Dressing  2 lemons, juiced {~4 Tbl}  1/3 cup sunbutter  1 Tbl fresh ginger, grated  4 Tbl raw unfiltered apple cider vinegar  Sun Butter  half cup sunflower seeds blended</p>	<ol style="list-style-type: none"> <li>1. Combine all the ingredients in a large mixing bowl.</li> <li>2. Detox Salad Dressing</li> <li>3. Combine all ingredients in a food processor or blender and blend for 1-2 minutes, or until smooth and creamy.</li> <li>4. Note: to make sunbutter, place ½ cup sunflower seeds in a food processor for ~5 minutes, or until “battered.”</li> <li>5. Plate</li> <li>6. Toss the salad ingredients with the dressing. Plate and top off with a generous sprinkling of the fresh lemon zest.</li> </ol>	<p>Beetroot  Cabbage  Kale  Cilantro  Lemon  Sunflower Seeds  Apple Cidar  Vinegar</p>
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<p>Red Duck Curry</p> 	<p>2 tablespoons olive oil  4 cups thinly sliced yellow onions  2 tablespoons minced garlic  2 tablespoons minced fresh ginger  3 tablespoons curry powder  1 cup thinly sliced lemongrass  4 cups chicken stock  1 cup fresh coconut milk or cream  1 duck breast, sliced  3 1/2 teaspoons salt  2 tablespoons coconut sugar  1 cup julienned red bell pepper  1 cup julienned yellow bell pepper  1 cup zucchini  1 bunch pak choy  1 bunch green beans  1/2 cup chopped fresh cilantro leaves, plus more for garnish  1 cup sliced in half cherry tomatoes for garnish</p>	<ol style="list-style-type: none"> <li>1. In a large pot heat the oil over medium-high heat. Add the onions and cook, stirring until translucent and slightly caramelized, about 5 minutes. Add the garlic and ginger and cook, stirring for 1 minute. Add the curry powder and cook, stirring constantly, until the curry is lightly toasted, about 2 minutes. Add the lemongrass, stock, and coconut milk and bring to a boil. Cook until the volume is reduced by half, about 20 minutes.</li> <li>2. Reduce the heat to medium, season the duck on both sides with 3 teaspoons of the salt, and add to the pot with the sugar, red and yellow bell peppers, green beans, pak choy. Cook for 10 minutes. Add the cilantro, stir, and remove from the heat. Cover to keep warm until ready to serve.</li> <li>3. Garnish with additional chopped cilantro and sliced cherry tomatoes and serve.</li> </ol>	<p>Olive oil  Onion  Garlic  Ginger  Curry powder  Lemongrass  Chicken stock  Coconut milk or cream  Duck breast  Coconut sugar  Red pepper  Yellow pepper</p>
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<p>Cauliflower &amp; Carrot Ginger Puree with Seared Tuna &amp; Sesame Beans</p> 	<p>Seared Tuna- 200g seared tuna</p> <p>Cauliflower Carrot Ginger Puree- 2 1/2 cups cauliflower florets 1 1/2 cups carrots 1 clove garlic , sliced 1/2 teaspoon minced ginger 1 tablespoon olive oil 3/4 teaspoon salt</p> <p>Sesame Green Beans- 250g green beans 1/2 teaspoon Sesame oil 1/2 teaspoon olive oil 1 teaspoon minced garlic 1/2 teaspoon minced ginger 1 tablespoon water 1 teaspoon gluten free soy sauce , low sodium 1/4 teaspoon sesame seeds 1/4 cup grated carrots 1/4 cup red cabbage thinly sliced 2 tablespoon cilantro leaves</p>	<p>Seared Tuna-</p> <ol style="list-style-type: none"> <li>1. Pan fry in olive oil for 2 minutes each side.</li> <li>2. Cauliflower Carrot Ginger Puree-</li> <li>3. In a medium sized pot with about 1-inch of water in the bottom and fitted with a steamer, cover and heat over medium-high until steam forms. Add cauliflower, carrots, garlic and ginger. Steam for about 10 minutes or until vegetables are fork tender.</li> <li>4. Transfer steamed vegetables to a blender. Add olive oil and salt. Blend on medium lower speed for about 30 seconds, until the vegetables are broken down. Increase speed to high and puree for 30 seconds, until a smooth and creamy puree forms. Use the blender stick to help push the vegetables down, or stop and scrape the blender as needed. Taste puree and season with more salt and pepper as desired. Keep covered and set aside.</li> </ol> <p>Sesame Green Beans-</p> <ol style="list-style-type: none"> <li>1. Heat a medium sized pan fitted with a lid over medium-low heat (do not cover yet). Add sesame oil and olive oil to the pan, and heat until oil is warmed but not smoking. Add garlic and ginger, saute for 30 seconds, continuously stirring until fragrant. Add green beans and increase heat to medium, saute for 1 minute. Add one tablespoon water and one teaspoon soy sauce, stir to combine. Cover and allow to cook for 2 minutes. Stir and cover, cook another 1 to 2 minutes, or until beans are crispy and tender. Turn off heat. Season with salt and</li> </ol>	<p>Tuna Cauliflower Carrots Garlic Ginger Olive oil Green beans Sesame oil Gluten free soy sauce Cabbage Cilantro</p>
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## Dinner

Meal	Ingredients	Cooking Instructions	Shopping List
<p>Miso Pumpkin Soup w Crispy Tempe Fingers</p> 	<p>1 tablespoon sesame oil 1 small white onion, chopped 1 clove garlic, minced 1 tablespoon freshly grated ginger Half pumpkin, chopped 3 tablespoons light miso 4 cups chicken broth 1 small block tempe, cut into fingers, fried in coconut oil coconut oil pumpkin seeds for garnish</p>	<ol style="list-style-type: none"> <li>2. In a large pot, heat the toasted sesame oil over moderately low heat. Add the onion and sweat for 5 minutes. Add the garlic and ginger and cook for 3 minutes. Add the pumpkin, miso, broth and boil, stirring to incorporate, then season with salt. Reduce the heat to low and simmer for 20 minutes, then remove from the heat and let cool for 10 minutes.</li> <li>3. Transfer the soup to a blender (or use an immersion blender in the pot) and puree until smooth. If needed, add additional water or broth to reach the desired consistency. Return the mixture to the saucepan. Serve warm and garnish with pumpkin seeds.</li> <li>4. Fry tempe sticks for 3 mins each side until brown in coconut oil. Serve on the side</li> </ol>	<p>Sesame oil Onion Garlic Ginger Pumpkin Miso paste Chicken broth Tempe Coconut oil Pumpkin seeds</p>

<p>Soto Ayam Soup</p> 	<p>2 chicken leg with bone  2 stalks fresh lemon grass, bruised with the handle of a heavy knife and tied in a knot  6 kaffir lime leaves  1 teaspoon salt, more to taste  1 teaspoon black pepper  1 ½ tablespoons coriander seeds  2 teaspoons cumin seeds  5 shallots, peeled and halved  3 cloves garlic, peeled  2 teaspoons finely minced fresh turmeric, or 1 1/2 teaspoons ground turmeric  2 tablespoons finely minced ginger  3 tablespoons sesame oil  4 ounces glass noodles or thin dried rice noodles, called vermicelli  1 tablespoon fresh lime juice  2 tablespoons chopped cilantro leaves  2 shallots, thinly sliced and fried in oil until brown (optional)  Quartered limes  chili paste (such as sambal) for serving</p>	<ol style="list-style-type: none"> <li>1. Place chicken in a medium pot with lemon grass, lime leaves (if using), salt and 2 quarts water. Bring to a boil over high heat. Skim off any foam and reduce heat to a simmer. Cover and simmer until chicken is tender, about 45 minutes, skimming as needed to make a clear broth. Remove chicken pieces from broth and set aside. Remove and discard lemon grass and lime leaves; reserve stock in pot. When chicken is cool enough to handle, discard skin and bones and shred meat into bite-size pieces.</li> <li>2. Meanwhile, combine peppercorns, coriander seeds and cumin seeds in a small food processor. Pulse until ground. Add halved shallots, garlic, turmeric and ginger and pulse to a thick paste. (Add a little water if needed.)</li> <li>3. Heat peanut oil in a medium saucepan over high heat. When very hot, add spice paste and cook, stirring until paste is cooked and beginning to separate from the oil, about 5 minutes.</li> <li>4. Add cooked spice paste and chicken meat to stock. Bring to a simmer and cook 10 minutes.</li> <li>5. Cook noodles according to package directions.</li> <li>6. Turn off heat under soup and stir in lime juice. Taste for salt.</li> <li>7. To serve, divide noodles in large soup bowls. Ladle chicken pieces and soup on top and sprinkle with celery leaves or herbs, and fried shallots, if using. Pass lime and sambal at the table.</li> <li>8. Eat from soup bowl, or serve a scoop of rice on a side plate, sprinkled with more shallots,</li> </ol>	<p>Chicken  Lemon grass  Kaffir lime leaves  Salt  Pepper  Coriander seeds  Cumin seeds  Shallots  Garlic  Turmeric  Ginger  Sesame Oil  Rice Noodles  Limes</p>
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<p>Green Pea Leek &amp; Coconut Cream Soup</p> 	<p>2 tablespoons olive oil  4 cups leeks chopped  450 g spinach  700 g green peas chopped  3 cups water  1 can coconut milk  3-4 cloves garlic  1/3 teaspoon ginger powder  1/2 teaspoon cardamom  salt to taste</p>	<ol style="list-style-type: none"> <li>1. In a large pot place 1 tablespoon of olive oil and chopped leeks, and cook over low-medium heat for about 5 minutes.</li> <li>2. Add minced garlic, frozen spinach and cook for another couple of minutes on low while stirring constantly.</li> <li>3. Add 700 g green peas and 3 cups of water and bring the mixture to a boil.</li> <li>4. Reduce the heat to low and simmer for 10 minutes. After 10 minutes, add 1 can of coconut milk. Cook for another 5-10 minutes until the peas are cooked. Taste and adjust seasonings as needed.</li> <li>5. When the soup is done, use the immersion blender to puree the soup completely (or you can transfer the mixture to a blender and blend until smooth).</li> <li>6. Serve garnished with a touch of coconut cream or fresh herbs.</li> </ol>	<p>Olive oil  Leeks  Spinach  Green peas  Coconut milk  Garlic  Ginger powder  Cardamom  Salt</p>
<p>Indian Dahl</p> 	<p>2 cups red lentils, sorted and rinsed  2 tablespoons extra-virgin olive oil  1 yellow onion, finely chopped  1 teaspoon whole cumin seeds  1/4 teaspoon ground cardamom  4 cloves garlic, finely chopped  2 tablespoons finely chopped ginger  4 cups chicken broth  1 1/2 cup chopped tomatoes, with their juice  1/3 cup chopped fresh cilantro  1 teaspoon ground turmeric  1/4 teaspoon fine sea salt</p>	<ol style="list-style-type: none"> <li>1. Heat oil in a large pot over medium high heat. Add onion and cook until softened, about 5 minutes.</li> <li>2. Add cumin, cardamom, garlic and ginger and cook, stirring often, until fragrant, about 2 minutes.</li> <li>3. Add lentils, broth, tomatoes, cilantro, turmeric, salt and bring to a boil. Reduce heat to medium low, cover and simmer, stirring often, until lentils are soft, about 15 minutes. Ladle into bowls and serve.</li> </ol>	<p>Red lentils  Olive oil  Onion  Cumin  Cardamom  Garlic  Ginger  Chicken broth  Fresh tomatoes  Cilantro  Turmeric  Salt</p>

<p>Harissa Vege Bowl</p> 	<p>1 butternut squash peeled and cubed  2 red onion wedged  2 red bell pepper cut into strips  2 T harissa paste  2 T apple cidar vinegar  1 T olive oil  1 can garbanzo beans  1 tsp salt  1 tsp black pepper  1 tsp cumin  1/4 c tahini  1/4 c water  1/2 lemon juiced</p>	<ol style="list-style-type: none"> <li>1. Heat your oven to 180 degrees.</li> <li>2. While it is getting up to temp, whisk together harissa, vinegar, and olive oil in a small bowl. Drizzle mixture over your vegetables and stir to evenly coat.</li> <li>3. Throw veg onto a baking sheet and roast for 35 minutes.</li> <li>4. While the veg is roasting, drain, rinse, and blot dry a can of garbanzo beans. Toss with salt, pepper, and cumin. Scatter beans over roasting vegetables once they have 20 minutes left.</li> <li>5. Now whisk together tahini, water, and lemon juice. Once veg is done roasting (butternut squash should be easily pierced with a fork), serve with leftover rice, couscous or just eat as is- but whatever you decide- don't forget to top with the tahini dressing.</li> <li>6. Serve and enjoy!</li> </ol>	<p>Pumpkin  Onion  Red pepper  Harissa  Apple Cidar  Vinegar  Can Garbanzo  Beans  Salt  Pepper  Cumin  Tahini  Lemon</p>
<p>Tofu Green Curry</p> 	<p>1 tbsp. coconut oil  1 lb. extra firm organic tofu drained, pressed at least 15 minutes, and cut into 1 inch cubes  2-14 oz. cans coconut milk  1/4 cup green curry paste (store bought or homemade)  1 1/2 tbsp. coconut sugar or sweetener of choice  2 cups fresh corn cut into pieces  1/2 lb. asparagus spears cut into 1 inch pieces  1 tbsp. lime juice  1/2 tsp. salt or to taste  2 scallions chopped  1/4 cup fresh basil leaves chopped  1/4 cup fresh cilantro chopped</p>	<ol style="list-style-type: none"> <li>1. Coat a large skillet with oil and place over medium heat. Arrange tofu cubes in a single layer. Cook until lightly browned on bottoms, about 5 minutes. Flip and cook another 5 minutes. Transfer tofu to a plate.</li> <li>2. Place coconut milk, curry paste and sugar in large saucepan. Stir and bring to a simmer. Add corn and simmer for 7 minutes. Add asparagus and simmer another 2 minutes, until bright green and tender-crisp. Add tofu and stir to incorporate. Add lime juice and salt, taste test and adjust seasonings as needed.</li> <li>3. Divide onto plates or into bowls and top with scallions, basil and cilantro.</li> </ol>	<p>Coconut oil  Organic Tofu  Coconut Milk  Green Curry Paste  Coconut sugar  Corn  Asparagus  Lime  Scallions  Basil  Cilantro</p>

<p>Zucchini Pasta w Fresh Romano Sauce</p> 	<p>2 Italian zucchinis  1/2 bunch basil  1 bunch spinach  1 tablespoon lemon juice  1 clove garlic  1 cup olive oil  Salt, to taste  1/2 cup grated Parmesan  1/2 cup cashews, chopped  1 cup cherry tomatoes, cut in half</p>	<ol style="list-style-type: none"> <li>1. Make the zucchini pasta using a spiral-cutter, or cut thinly with a knife. Sit for 2 minutes in a bowl of boiling water to slightly soften, then drain thoroughly.</li> <li>2. In a blender, blend the basil, spinach, lemon juice, garlic and olive oil.</li> <li>3. Transfer to a bowl, and add the salt, Parmesan and chopped nuts.</li> <li>4. Add the zucchini pasta and tomatoes, and mix well.</li> <li>5. Transfer to a pan to heat through. Add salt to taste, and serve.</li> </ol>	<p>Zucchini  Basil  Spinach  Lemons  Salt  Parmesan  Cashews  Cherry tomatoes</p>
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## Pre Order List

Day	Drinks	Basics Always On Hand	Dry Shopping List	Fresh Pre buy & freeze/ refrigerate
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<p>Pre Retreat (checked to top up during retreat)</p>	<p>Herbal Teas Jamu Juices Kefir Kombucha</p>	<p>Limes Lemon Garlic Turmeric Ginger Eggs Sauerkraut Avocado Onion</p>	<p><b>Oils</b> Sesame oil Olive Oil Coconut Oil</p> <p><b>Herbs &amp; Spices</b> Coriander Cumin Cardamom Salt Pepper Oregano Smoked Paprika Cayenne Pepper Cinnamon Curry powder Ginger powder Harissa</p> <p><b>Jar or Bottle</b> Mayonaise Coconut Cream or Milk or Yoghurt Almond milk Apple Cidar Vinegar Gluten free soy sauce Honey Miso paste Green Curry Paste Can Garbanzo Beans</p> <p><b>Dry Goods</b> Pumpkin seeds Quinoa LSA Sunflower Seeds</p>	<p>Whole Chickens/s for stock Chicken Fillet (Breast and Leg) Smoked Salmon Duck Breast Parmesan Tofu Tempe Tuna Frozen Berries Coconut Yoghurt (last day)</p> <p>Make Chicken Broth</p>
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## Daily Menu Plan and Fresh Produce Order

Day	Breakfast	Lunch	Snack	Dinner	Fresh Ingredients Needed To Order Day Before
1		Sweet Potato Rosti	Jamu, Juice, Kefir	Soto Ayam	Sweet Potato Cucumber Parsley Lemon grass Kaffir lime leaves Shallots Smoked Salmon Chicken Leg
2	Green Breakfast Bowl	Vege Fajitas	Jamu, Juice, Kefir	Miso Pumpkin Soup	Avocado Spinach Kale Asparagus Cauliflower Sweet Potato Watercress Dill Red Peppers Zuchinni Cabbage or Lettuce Pumpkin Tempe

3	Quinoa Porridge	Rainbow Superfoods Salad	Jamu, Juice, Kefir	Dahl	Apples Beetroot Cabbage Kale Cilantro Fresh tomatoes
4	Corn Fritters	Quinoa Chicken Salad Bowl	Jamu, Juice, Kefir	Harissa Vege Bowl	Fresh Corn Red Capsicum Coriander Spinach Baby spinach Avocado Rocket Cherry Tomatoes Parsley Pumpkin
5	Mexican Breakfast	Beetroot Detox Salad	Jamu, Juice, Kefir	Tofu Green Curry	Coriander Tomato Beetroot Cabbage Kale Corn Asparagus Scallions Basil

6	Breakfast Salad Bowl	Red Duck Curry	Jamu, Juice, Kefir	Green Pea Leek and Coconut Soup	Grape Tomatoes Rocket Lettuce Lemongrass Red pepper Yellow pepper Leeks Spinach Green peas
7	Green Smoothie	Tuna w Cauliflower Puree	Jamu, Juice, Kefir	Zucchini Pasta	Kale Baby Spinach Apple Cucumber Lemon Banana Ginger Cauliflower Carrots Green beans Cabbage Cilantro Zucchini Basil Spinach Cherry tomatoes
8	Chia Seed Bowl				Fresh Strawberries