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1 DAY MEAL PLAN

FOODS TO IMPROVE
ENERGY AND WELLBEING!

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Introduction

Be Well
(to be healthy and feel good)

Thank you so much for signing up for my 1 Day Meal Plan and becoming part of my Be Well (to be healthy and feel good) community.

One of the biggest contributing factors to a healthy body is eating a balanced diet daily that contains all the nutrients you need to nourish your body.

My sole purpose for creating this plan is to give you a sneak peek at what I eat in a day. The meals and snacks are planned out for you and feature whole foods that help to nourish your body naturally.

Quick, easy, and satisfying, this whole food eating meal plan sets you up for a healthy and successful day of eating.

I look forward to your feedback and getting connected with you.

Find me on my blog - [Bevshealthyfood](#)
[Instagram](#) and [Facebook](#)

Bev xx



1 Day Menu

Breakfast:

Pineapple Chia Chai Smoothie

Lunch:

Mexican Chickpea with Green Salad

Side:

Nutritious Green Salad

Snack:

Chia Seed and Nut Bars

Main:

Nutty Spiced Chicken Wings with Green Salad

Shopping List:

Fruit & Vegetables	Pantry Items
1/4 pineapple (fresh or frozen)	Cinnamon (1 1/2 tsps)
1 apple	Cumin (1 T)
1 1/2 lemons	Dried chilli flakes (1 T)
1 orange	Allspice (1/2 tsp)
40g spinach	Ground black pepper (2 tsp)
6 beetroot leaves	Ground sea salt (2 tsp)
80g mixed greens (kale, spinach, chard etc)	Sweet paprika (1 T + 1 tsp)
1/4 green capsicum	Cardamom (1/2 tsp)
1 shallot	Ground ginger (1 tsp)
1 Lebanese cucumber	Nutmeg (1 1/2 tsps)
30g ginger	Cloves (1 tsp)
1 celery stick	Almond flour (1/4 cup) or buckwheat flour or LSA (flax meal)
4 large cloves garlic	Coconut oil (1 cup)
1 small red onion	Coconut water (750ml)
	Coconut Amino Sauce (1/2 cup)
Proteins	Shredded Coconut (1/2 cup)
1-2kg chicken wings	Nut Butter (2 T)
1/4 cup protein powder of choice	Chickpeas (1 x 400g can)
	Tomato paste (2 T)
Nuts, Seeds & Grains	Rice malt syrup (1/2 cup)
Chia seeds (1/4 cup)	
Cashews (1/2 cup)	
Pepitas (pumpkin seeds) (2 T)	
Sesame seeds (1/4 cup)	
Brazil nuts (1/4 cup)	
Hemp seeds (1 T)	
Goji berries (1/3 cup)	
Pecans (1/4 cup)	
Almonds (1/2 cup)	

Be sure to check your pantry and kitchen as you may have many items on hand already. Please make substitutions any time you like, swapping out protein for protein, green for green, fat for fat and carb for carb whenever possible.

Smoothie



Pineapple Chia Chai Smoothie

Ingredients

(serves 2)

- 1 T chia seeds
- hulk thumb size piece ginger
- 1 T hemp seeds
- 4 frozen pieces of pineapple (or fresh)
- 1 apple
- handful of spinach
- 1 small cucumber
- 6 beetroot leaves
- 1 lemon
- 1/2 tsp each of cardamon, cinnamon, nutmeg & cloves
- 3 cups coconut water

Preparation

**Tip: To ensure that you get a smooth textured smoothie, it is recommended to blend your greens (i.e. spinach, beetroot leaves &) with the liquid first, then add the remaining ingredients.*

Method

Blend all ingredients together until smooth!

Serving Suggestions

Sprinkle top with some extra chia seeds for an additional boost.

Lunch



Mexican Chickpea with Green Salad

Ingredients

(serves 4)

- 1 T cumin powder
- 1/2 T chilli flakes
- 1 T sweet paprika powder
- 2 T coconut oil
- 1 can chickpeas (400g) – drained and washed
- Small red onion – finely chopped
- 4 cloves garlic – finely chopped
- 2 T tomato paste
- 250ml water (1 cup)

Method

In a non-stick pan over medium heat add coconut oil, onion, garlic and spices and cook until fragrant. Add the chickpeas, tomato paste and water and simmer until water has evaporated being careful not to burn the chickpeas. Set aside while you get the salad ingredients ready.

Serving Suggestions

Click here for my [Nutritious Green Salad recipe!](#)

Add 1/4 avocado, a handful of blueberries and sprinkle with a T hemp seeds and T of sunflower seeds for each person.

Side



Nutritious Green Salad

Ingredients

- 1/4 green capsicum finely sliced
- 1 celery stick finely sliced
- 1/4 half green cabbage finely sliced
- 2 handfuls mixed salad greens
- 1 large shallot finely sliced
- 1 T black sesame seeds or white
- 2 T pepitas

Method

In a large bowl mix the greens together, then sprinkle the sesame seeds & pepitas on top. Just before serving squeeze 1/2 lemon juice, and salt and pepper to taste and toss to combine.

Snack

Chia Seed and Nut Bars

Ingredients

1/2 cup almonds, roughly chopped	1/3 cup pumpkin seeds
1/2 cup cashews, “ “	3 T chia seeds
1/4 cup Brazil nuts, “ “	3 T sesame seeds
1/4 cup pecan nuts, “ “	1/2 coconut oil, (melted)
1/2 cup shredded coconut	1 tsp nutmeg
1/4 cup buckwheat flour	1/2 tsp cloves
or almond meal, or LSA (flax meal)	1/2 tsp all spice
1/2 cup rice malt syrup	1 tsp cinnamon
1 tsp ground ginger	1/4 cup protein powder
1/3 cup goji berries or (dried fruit	flavour of choice
of choice) cranberries are nice too!	

Preparation

Preheat oven 180°C/350°F/Gas Mark 4 – line a biscuit tray with baking paper and grease lightly with coconut oil.

Method

Mix all ingredients together except for coconut oil and rice malt syrup in a large bowl. Melt the coconut oil and rice malt syrup together over low heat or in the microwave. Pour mixture over nuts and stir through until everything is evenly coated.

Spread out evenly into the lined biscuit tray with a spatula and bake for 15 – 20 minutes. Remove from the oven and let cool for 20 minutes, then lift out gently using the baking paper, and place in the fridge for 1 hour to harden. Once solid, remove from the fridge and top with a drizzle of home-made chocolate (optional). Return to the fridge to set and then slice into bars of your desired size.

Wrap each bar in baking paper so they don't stick together and keep in an airtight container in the fridge.

Dinner



Nutty Spiced Chicken Wings

Ingredients

(serves 4)

- 1 -2 kg chicken wings (keep some for lunch next day)
- 3 T coconut oil
- 1/2 cup coconut aminos (or you can use tamari, soy sauce)
- 2 T peanut butter (or nut butter of choice)
- 1 tsp paprika
- 1/2 tsp chilli flakes or 3 T [sweet chilli sauce](#)
- 1 orange – juice only
- Salt & Pepper to taste
- 1/4 cup sesame seeds

Preparation

Preheat the oven to 180°C/350°F/Gas Mark 4 – Allow to marinate for 2-4 hours or even better overnight. Combine the marinade ingredients, coconut aminos, peanut butter, paprika, sweet chilli sauce, orange juice, salt, and pepper together in a medium bowl and add the wings. Rub the marinade over the wings and allow to marinate for as long as possible (at least 1hr) 2-4 hours or even better overnight.

Method

Grease baking tray with coconut oil. Remove the wings from the marinade and place onto the baking tray and pour over any excess marinade. Sprinkle on the sesame seeds (if not enough liquid add a cup of water/stock the pan, we don't want them to stick to the pan). Roast for 45-60 minutes, checking the tray halfway through cooking to turn them over.

want more?

Thinking ahead and planning meals and snacks for yourself or your family is the key to healthy eating. Planning helps manage the budget and makes shopping easier as it is all set out for you.

The 30-Day Meal Plan is a complete plan to help you eat right for a BE WELL LIFE! that provides you with:

- shopping lists,
- wholesome home cooked recipes,
- food preparation ideas
- 4 weeks of daily menus

And meal planning tools to help you maintain your healthy lifestyle on track!

Please use and enjoy this complete 7-day meal plan, and when you're ready, check out my Complete 30-day Meal Plan and Recipe Guide: **Not Just Fresh Air!**

30 Days of Nourishing Nutritious Food!



Disclaimer

The author is a qualified nutrition and health coach, not a nutritionist, dietician, or doctor. This meal plan is for your general information and not intended to be used as medical advice.

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