



COOLBODZ FOOD GUIDELINES

When it comes to food the one thing we need to remember is to keep it FRESH & SIMPLE. The more we have to think, the more overwhelmed we seem to get! So, I have created a little list of food ideas (some come with recipes) to help kick start your health and fitness journey.

Breakfast Lunch & Dinner each have 5 ideas, this is so you can break it up into Monday-Friday meal plans.

Your daily food structure should go a little something like this:

Breakfast
3 snacks
Lunch
3 snacks
Dinner
2 snacks

SLEEP

Don't forget for optimal health you need to be aiming for 6-7hrs of sleep a night! I understand it can be hard when you have newborns, babies & children that don't sleep, however all the more reason to ensure you get as much rest as you can in a day. I always encourage clients to do yoga/mind body each week if possible, and if time is a little tough to manage at LEAST aim for 5-30mins of meditation per day. Meditation places your body into "safe" mode meaning you will be able to burn more body fat when training and your body will have significantly reduced its production of cortisol (stress hormone), meaning you will feel energized and relaxed.

EXERCISE

To get the best results from our 6 week shred program, make sure you are exercising 3-4 times per week, include weights, cardio & yoga/mind body based programs to ensure you stay balanced and on the right path to your goals.

Consider goal setting, fitness assessments & taking progress photos too. Aim to complete your fitness assessments & progress photos 3 times in the 6 weeks.

Please feel free to contact me if you have further questions regarding your program.

Vanessa Battiato
0414306955

www.coolbodz.com
vanessa@coolbodz.com



Body Stats

Height (cms): _____

Age: _____

<u>Scales</u>	<u>WEEK 1</u>	<u>WEEK 3</u>	<u>WEEK 6</u>
Weight			
Body Fat %			
Water %			
Muscle Kgs			
Visceral Rating			
Metabolic Age			
<u>Measurements (cms)</u>	<u>WEEK 1</u>	<u>WEEK 3</u>	<u>WEEK 6</u>
Waist			
Hips			
Leg			
Arm			



WEEK 1

Breakfast

Monday:

1 slice of sourdough bread with 2 eggs, fried/poached/scrambled feel free to add some sautéed veggies to the mix if you have time.

Tuesday:

2 x egg and veggie muffins, fruit of your choice and a coffee/tea.

Wednesday:

Vegetable omelette with 1 slice of sourdough or sweet potato Rosti, coffee/tea is fine too.

Thursday:

Scrambled eggs with fresh or sautéed baby tomato, coffee/tea

Friday:

Greek yoghurt, honey, toasted muesli with 2-3 fruits of your choice. Coffee/
Green tea/Tea of your choice

Lunch

Monday:

Gather up some steamed veggies or grab a bag of salad, add some ham/shaved turkey breast or tuna, apply your favourite dressing/sauce to the mix and enjoy. You can buy dressings if it's an easier option for you but try to make a quick dressing wherever you can:

Creamy dressing: Greek yoghurt (full fat), 1 lemon, 1 Clove of garlic (grated) mix together and enjoy

Balsamic dressing: balsamic vinegar, extra virgin olive oil and a touch of pink Himalayan sea salt.

Tuesday:

Leftover casserole or ham/BBQ chicken/shaved turkey wraps in lettuce

Wednesday:

Brown rice and veggie stir fry. You can buy the microwaveable rice cups and veggie packs if it's easier, just make sure you eat until you are full. Piece of fruit here too.

Thursday:

Leftovers from last night or Thai beef salad. This is easy, prepare beef stroganoff strips in a pan with sesame oil garlic, ginger, chilli (optional) and basil. If you want

Vanessa Battiato

0414306955

www.coolbodz.com

vanessa@coolbodz.com



is a bit "saucy" add a table spoon of oyster sauce or soy sauce this is totally optional.

Place beef mix over a bowl of salad, add avocado, cucumber, capsicum and red onion if you desire too.

Friday:

Whatever you choose here make it high protein! Tuna and salad wrap, BBQ chicken wrap, steak wrap (instead of sandwich), have a tub of yoghurt and piece of fruit with today's lunch too.

Dinner

Monday:

Beef and Red Wine Casserole with sweet potato mash (or barley).

Tuesday:

Chicken, pumpkin and haloumi parcels with sweet potato wedges.

Wednesday:

Zucchini pasta bolognese, if you haven't invested in a vegetable spiraler then now is the time! It only takes minutes to cook in the microwave so if the family kick up a stink then you can still cook them pasta whilst you have your healthier choice of noodles :)

Thursday:

Steak/chicken/fish with steamed veggies, roasted pumpkin & potatoes.

Friday:

I don't know about you, but when it comes to Friday's I love a super quick easy meal, the quickest one I have done is stuffed mushrooms with turkey mince and veggies.

I grill the big flat mushrooms under the griller.

In a fry pan mix; 1 clove of crushed garlic, ginger, sesame oil, turkey mince then add finely chopped veggies of your likings, zucchini, capsicum and carrot are my favs in this dish.

Once mushrooms are cooked, place them on your plate and put turkey mince over the top of it.

If you feel this won't fill up your tummy make a side of mashed sweet potato or even corn cobs/salad.

Snacks

Yoghurt

Almonds

Cashews

Beef jerky/Ham/Cheese

Steamed veggies (Veggie box keep in your fridge)

Fruit.

Vanessa Battiato

0414306955

www.coolbodz.com

vanessa@coolbodz.com



WEEK 2

Breakfast

Monday:

Eggs, ham and tomato on 1 slice of toast, alternatively if you don't like eggs or in a little more of a rush try smashed avocado or a slice of smoked salmon. Coffee/Tea is all good here too.

Tuesday:

Greek yoghurt, honey, oats and berries. Be substantial with your yoghurt here, remember you must always be full after breakfast, if not then result to a breakfast that has eggs/smoked salmon in it.

Wednesday:

2 Egg muffins or zucchini slices with a Tea/coffee and a banana or piece of fruit you enjoy eating.

Thursday:

2 egg Omelette with ham and veggies. Coffee/Tea and a piece of fruit.

Friday:

Slice or 2 of sourdough with smashed avocado, smoked salmon, ricotta cheese, fresh lemon juice and cracked pepper. Coffee/Tea and fruit.

Lunch

Monday:

Keep it simple today, don't over think it, grab yourself a wrap with chicken/ham and salad if you can add some sliced beetroot to the wrap too otherwise usual salad ingredients that you enjoy eating is fine too.

Tuesday:

Greek salad with grilled chicken and veggies! Grab yourself a nice big bowl/ Tupperware container, fill it with lettuce, olives, feta cheese, cucumber, red onion and tomato, add grilled chicken, grilled zucchini, eggplant and red capsicum on top! (If you are out and about go to Coles, in their deli section grab whatever marinated veggies you like/can get then head over to the pre packaged cold meats section and grab some grilled chicken (there are different flavours you can choose from). Dress your salad as you wish and enjoy!

Wednesday:

BBQ chicken and salad wrap with full fat mayonnaise.

Thursday:

Basic Tuna salad with your choice of dressing remember make it a nice large bowl and eat until you are full. Piece of fruit if you need.

Vanessa Battiato
0414306955

www.coolbodz.com
vanessa@coolbodz.com



Place beef mix over a bowl of salad, add avocado, cucumber, capsicum and red onion if you desire too.

Friday:

Brown rice, grilled chicken and mixed vegetables (frozen is fine).

Dinner

Monday:

Again, when it comes to Monday keep it simple so you don't have to think too much, steak and veggies or perhaps you can try pork chops with rosemary, lemon juice and garlic with steamed broad beans, corn cobs. honey carrots and pumpkin mash (this will keep you nice and full).

Tuesday:

Turkey meatballs, sweet potato mash, green bean salad and sautéed mushrooms (zucchini if you don't like mushrooms)

Wednesday:

Slow cooked lamb shanks with pumpkin potatoes carrots and barley!

Use 1-2 cloves of garlic, oregano, pink Himalayan sea salt, passata sauce and canned tomatoes to really meat it up, chuck it all in your slow cooker or a big pot if you don't have a slow cooker and have the heat on low. If lamb isn't your thing you can use any cut of meat you like.

Thursday:

Roasted vegetables with chorizo sausage! Grab your biggest oven tray, choose all the veggies you desire grab a chorizo sausage or 2 or 3 for the family, slice and dice everything place it all on the oven tray and bake at 180 degrees until chorizo is cooked through. If you like you can use normal sausages too.

Friday:

Chicken schnitzel, pumpkin mash or sweet potato wedges and stir fry veggies of your choice in oyster sauce or soy sauce.

Snacks

Yoghurt

Almonds

Cashews

Beef jerky/Ham/Cheese

Steamed veggies (Veggie box keep in your fridge)

Fruit.



WEEK 3

Breakfast

Monday:

2 eggs, 1 slice of ham, 1 slice of sourdough toast with avocado. Coffee/Tea

Tuesday:

Smoked salmon and sourdough toast, add some sautéed tomatoes and avocado too! Coffee/Tea

Wednesday:

Greek yoghurt, roasted muesli, berries and honey. Coffee/Tea

Thursday:

Vegetable omelette with coffee/Tea.

Friday:

Ham, tomato and avocado on sourdough toast, add an egg if it's not enough for you. Coffee/tea.

Lunch

Monday:

Chicken wraps (use iceberg lettuce leaves as the wrap), fruit and a small tub of yoghurt.

Tuesday:

Prepare a nice salad and add your choice of shaved turkey/ham/tuna and your choice of dressing. If you buy tuna be sure to get a BIG can or 2x little cans, protein will fill you up, feel free to add canned kidney beans or chickpeas to your salad too! Deliciousness right there in your salad.

Wednesday:

Chicken and salad wrap, pack it with lots of greens, baby spinach is amazing and have a little mayo for extra flavour just make sure it's full fat mayo.

Thursday:

Brown rice and steamed veggies if you want to add a little soy/sweet chilli sauce for flavour please do so.

Friday:

Turkey, lettuce and mayo wrap with fruit and a tub of yoghurt.

Dinner

Monday:

Veal masala with roast vegetables of your choice, please include sweet potato or pumpkin here if you can

Tuesday:

Vanessa Battiato

0414306955

www.coolbodz.com

vanessa@coolbodz.com



Bangers and mash! Sausages of your choice with mashed potato or a mixture of white and sweet potato mash if you like and a green bean salad.

Wednesday:

Creamy prawn and warm vegetable salad! This dish is delicious!

Grab yourself some prawns (or squid rings if you need a cheaper alternative), Philadelphia cream for cooking (full fat), garlic, asparagus, zucchini, broccoli, cauliflower, carrots, red capsicum.

Chop up Your veggies place them in a bowl and steam in the microwave for 7mins.

In a fry pan add a drop of oil, crushed fresh garlic and sauté your prawns/calamari then add the tub of Philadelphia cream for

Cooking and heat it through. Once done, serve your creamy mixture over your veggies and enjoy!!!!

Thursday:

Chicken schnitzel, sweet potato chips and salad or green bean/5 bean mix salad.

Friday:

BBQ chicken 5bean mix salad and peas. Your choice if you would like to add gravy

Snacks

- Yoghurt
- Almonds
- Cashews
- Beef jerky/Ham/Cheese
- Steamed veggies (Veggie box keep in your fridge)
- Fruit.

Drinks

- Water
- Coconut Water
- Cold Press Juices
- Green Smoothies



WEEK 4

Breakfast

Monday:

2 eggs, 1 slice of ham/smoked salmon/Turkey breast, 1 slice of sourdough toast with avocado or tomatoes. Coffee/Tea

Tuesday:

Greek Yoghurt & Berries/Fruit of your choice with a coffee/tea

Wednesday:

Mixed Sauteed Veggies on Sourdough toast, coffee/tea

Thursday:

Greek yoghurt, roasted muesli, berries and honey. Coffee/Tea.

Friday:

2 Slices of Sourdough toast with avocado, smoked salmon or Turkey breast, if you like tomato please add sliced tomato to the topping too. Coffee/Tea & a piece of fruit.

Lunch

Monday:

Chicken/Tuna/Ham/Turkey Salad, pack it with a BUCKETLOAD of salad ingredients that you enjoy, and hey if you want add some feta cheese to the mix too!

Tuesday:

Chicken/smoked salmon/Turkey/Ham Wrap with Salad (inside) and a piece of fruit.

Wednesday:

Leftovers of dinner the night before is ALWAYS handy.

Thursday:

Iceberg Lettuce Wraps – Think of this like you would have a normal wrap however the iceberg lettuce will be your wrap! Add fillings of your choice, greek yoghurt for a dressing/sauce is amazing with chicken and deli meats, you can have a little cheese too if you like.

Friday:

Steamed Veggies, Brown Rice Cup and Tuna/Chicken/Meat of your choice with a piece of fruit.

Dinner

Monday:

Homemade Rissoles with veggies of your choice and a salad too! However you make your rissoles you do them, but please if you can avoid buying them

Vanessa Battiato
0414306955

www.coolbodz.com
vanessa@coolbodz.com



already made you will be better off! Grab some mince meat, garlic, 1 egg, almond meal OR breadcrumbs, herbs and spices of your choice, mix it altogether, roll into balls and cook them up.

Vegetarians if you are doing Salmon cakes use 1 can of pink salmon, garlic, ginger, 1 egg, coriander and some fresh chilli or red capsicum if you don't like spice, roll them into balls and cook them in sesame oil (this will give it an Asian flavour).

Tuesday:

Steak/Pork/Chicken/Fish with Stir Fry Veggies. You can Stir Fry your veggies in oyster sauce, ginger and garlic or you can use soy sauce, ginger and garlic, or you can have it plain, I always like flavour in my veggies so I like to spice them up as much as possible.

Wednesday:

Seafood Laksa with vermicelli noodles & Veggies – You can use chicken or beef if you are not a fan of seafood. Grab laksa Paste, coconut milk, Seafood marinara mix, vermicelli noodles (you can hold on the noodles if you prefer) and your choice of veggies. Follow the instruction on the back of the laksa paste jar! This is such a quick, easy and delicious meal! If your not a Laksa fan that's cool turn it into a noodle stir fry using sesame oil, garlic, ginger and your choice of oyster sauce or soy sauce

Thursday:

Vegetarian Night: Oven roasted veggies of your choice! PACK IT to the BRIM!!! Place your cut up veggies in an oven tray add garlic and the Juice of 1 or 2 lemons, place in the oven until cooked! If the rest of the family wish to have a protein with it, then that's easy to cook up for them place the steak/chicken on the bottom of the plate and put the veggies on top of the protein! YUM!

Friday:

San Choy Bow! This is an AMAZING dish!!!! Grab mince of your choice (or straight up veggies & Legumes (beans) for vegetarians), add some veggies like finely cut zucchini and mushrooms, in the fry pan cook the mince using sesame oil, garlic, ginger and soy (or oyster) sauce.

Prep your iceberg lettuce cups, once your veggie mince or straight up veggies are cooked place them into a big serving bowl, put into lettuce cups and ENJOY! I would have a clean dessert after this dish too!

Snacks

- Yoghurt
- Almonds
- Cashews
- Beef jerky/Ham/Cheese
- Steamed veggies (Veggie box keep in your fridge)
- Fruit.

Vanessa Battiato
0414306955
www.coolbodz.com
vanessa@coolbodz.com



WEEK 5

Breakfast

Monday:

Mixed Veggie plate with an egg or 2 and 1 slice of sourdough toast, piece of fruit, coffee/tea.

Tuesday:

Chia Pudding with mixed berries, shaved coconut and banana, Tea/Coffee.

Wednesday:

2 slices of sourdough with smoked salmon/ham/turkey breast, piece of fruit and Tea/coffee.

Thursday:

2 egg Veggie Omelette, piece of fruit. Tea/coffee.

Friday:

2 x Egg Muffins with a piece of fruit. Tea/Coffee.

Lunch

Monday:

Tuna/Ham/Turkey breast/Salmon/Veggie Salad, fruit and water.

Tuesday:

Canned beans/Corn & Brown Rice, fruit and water.

Wednesday:

Salad and Veggie or ham/turkey/salmon/chicken Wrap, fruit and water.

Thursday:

Left over dinner from the night before, fruit and water.

Friday:

Thai Beef salad – Prepare your salad as normal. In a pan cook up 1 tablespoon of soy sauce or tamari, coriander, garlic, fresh chilli and lime juice (1/2 a fresh lime), once the beef is cooked place on top of your salad and enjoy.

Dinner

Monday:

Steak/Fish/Chicken, Veggies and salad.

Tuesday:



Seafood Paella with brown rice – par cook your brown rice for best results here.

In a pan mix: drop of oil, 1 clove garlic, 1 brown onion, 1 red capsicum and 1 red capsicum. Add the marinara mix and cook it through.

In a pot mix: 5 cups of chicken stock, 1 teaspoon saffron bring to the boil set aside.

Once Marinara mix is cooked through slightly add 1 teaspoon of smoked paprika and the par cooked rice, add ½ the stock mixture and stir until rice has absorbed the liquid, then add the other half and stir until rice has absorbed and is cooked through. Serve hot and enjoy!

Wednesday:

Chicken Caesar Salad:

Ingredients:

Chicken breast (enough for the whole family)

Salad mix – to your likings

Bacon – Shortcut bacon

4 Eggs (Hard boiled)

Cook your Chicken breast & Bacon on the BBQ for tastier results, prepare your Leaves as desired with ANY additives you like eg. Capsicum, avocado etc.

Once meat is cooked, slice it all up and place it on top of the salad mix, Slice your eggs up in ¼ size and add them on top. When you are ready to serve add your dressing and mix the salad as best as you can.

Dressing:

4 tablespoons of Whole egg Mayo

2 Tablespoons of greek yoghurt

1 clove garlic

1 Juice of Lemon

Mix this altogether in a Nutribullet and place in the fridge until ready to eat.

Thursday:

San Choy Bow with Turkey mince. Prepare your mince using a tablespoon of soy sauce or tamari, finely chopped zucchini and mushrooms, use sesame oil for the Asian taste cook it all up and place in cleaned iceberg lettuce leaves. Feel free to add fresh chilli, coriander, avocado slices or red capsicum on top.

Friday:

Quick easy Stirfry, you can use whatever meat you like! (tofu for vegetarians) add ALL YOUR FAV Veggies to the mix, prepare an oyster sauce with a clove of garlic and a drop of sesame oil OR soy sauce/Tamari with Garlic, mix everything together until your meat is cooked, if you want to have a little noodles grab the Vermicelli noodles and serve.

Vanessa Battiato
0414306955

www.coolbodz.com
vanessa@coolbodz.com



WEEK 6

Breakfast

Monday:

2 Slices of Sourdough with ham/smoked salmon/shaved turkey breast, avocado, fruit, Tea/Coffee.

Tuesday:

2 eggs on sourdough with fruit, Tea/Coffee.

Wednesday:

Greek Yoghurt, Muesli, Honey, Mixed Berries and cinnamon, Tea/Coffee

Thursday:

2 Egg Muffins, fruit, Tea/Coffee

Friday:

Scrambled eggs with veggies of your choice, fruit, Tea/Coffee.

Lunch

Monday:

Steamed Veggies, Brown Rice, Beans and your choice of Turkey/Tuna/Chicken/Salmon. For added flavor make a Greek Yoghurt, 1 lemon and ½ clove of garlic dressing to put on top. Fruit and water.

Tuesday:

Ham/Turkey/Tuna/Salmon/Chicken/Steak/Veggie Wrap and salad. Fruit and Water/Coconut water.

Wednesday:

Super quick Turkey mince stir fry with veggies, place it inside a lettuce leaf or 2 and enjoy! (stir fry in Tamari or soy sauce and a clove of garlic). Fruit and Water/Coconut water.

Thursday:

Basic Salad with your choice of Veggies/Ham/Turkey/Chicken/Meat/Seafood marinara mix/Salmon on top, dress with balsamic (or apple cider), olive oil and pink Himalayan sea salt. Fruit and Water/Coconut water.

Friday:

Stuffed Capsicums/mushrooms your choice of filling, you can stuff them with mince or Almond meal, crushed walnuts, grated zucchini and feta cheese. Fruit & water/Coconut water.

Vanessa Battiato
0414306955

www.coolbodz.com
vanessa@coolbodz.com



Dinner

Monday:

Super quick Stir fry meat/fish on top of vegetables, stir fry your meat in a pan with sesame oil, soy sauce or tamari, garlic and ginger. Add your veggies to the mix and stir fry it together. Make sure you are GENEROUS with your choice of veggies.

Tuesday:

Oven Baked chicken merryland with your choice of veggies and sweet potato mash. Bake your chicken with a light drizzle of olive oil, garlic and lemon. You can stir fry/oven bake or steam up your veggies depending on how much time you have.

Wednesday:

Steak/Fish/Chicken with your choice of Veggies AND salad.

Thursday:

Oven roasted Vegetable bowl with chorizo or meat of your choice, think of it like a salad fill your bowl with roasted veggies and add sliced meat/Fish or chorizo on top. Dress this dish with Fresh lemon juice, Pink Himalayan sea salt and cracked pepper.

Friday:

BBQ/Roasted Chicken and Salad, Sweet potato oven chips.

Snacks

Yoghurt
Almonds
Cashews
Beef jerky/Ham/Cheese
Steamed veggies (Veggie box keep in your fridge)
Fruit.

Drinks

Water
Coconut Water
Cold Press Juices
Green Smoothies



COOLBODZ
COOLBODZ

Do you give COOLBODZ permission to post your progress photos &/or testimonial for marketing & advertising purposes on their social media pages (Coolbodz Facebook & Vanessa_Battiato Instagram)?

Yes, no problems

Testimonial only thank you

No thank you to both photos & written testimonial.

Sign: _____

Date: _____

MEAL PLAN WEEKLY SUMMARY - with vegetarian options.

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 slice of sourdough bread with 2 eggs, fried/ poached/ scrambled add some sautéed veggies to the mix if you have time. Coffee/Tea	2 x egg and veggie muffins. Piece of fruit. Coffee/tea.	Vegetable omelette with 1 slice of sourdough or sweet potato Rosti. Coffee/Tea	Scrambled eggs with fresh or sautéed baby tomatoes. Coffee/ Tea	Greek yoghurt, honey, toasted muesli with 2-3 fruits of your choice. Coffee/ Tea.
SNACKS	Veggie Box, Tin Tuna & Fruit	Veggie Box, Ham & Fruit	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Cheese & Fruit
LUNCH	Steamed veggies or salad, with ham/shaved turkey breast, tuna or veggies. apply your favourite dressing/sauce. 1 piece of fruit.	Leftover casserole or ham/BBQ chicken/shaved turkey wraps in lettuce. 1 piece of fruit	Brown rice and veggie stir fry. 1 Piece of fruit.	Leftovers from last night or Thai beef/ Veggie salad. 1 Piece of fruit.	Tuna/BBQ chicken/steak or veggie & salad wrap. 1 tub of yoghurt & 1 piece of fruit with today's lunch too.
SNACKS	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Tin Tuna & Fruit	Veggie Box, Cheese & Fruit	Veggie Box, Ham & Fruit
DINNER	Beef and Red Wine Casserole with sweet potato mash (or barley).	Chicken, pumpkin and haloumi parcels with sweet potato wedges.	Zucchini pasta bolognese/ Napoletana	Steak/chicken/fish with steamed veggies, roasted pumpkin & potatoes.	stuffed mushrooms with turkey mince & veggies. Vegetarians: hold the turkey mince or replace with almond meal feta cheese & veggies.
SNACK	Yoghurt & Mixed Berries	Homemade Chocolate	Mixed Berries & Mango Pieces	Fruit Salad & Yoghurt	Deconstructed Apple Pie

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Eggs, ham and tomato on 1 slice of toast. Vegetarians: Smashed avocado on sourdough. Coffee/Tea	Greek yoghurt, honey, oats & berries. Coffee/Tea	2 Egg muffins or zucchini slices with a Tea/coffee and a piece of fruit.	2 egg Omelette with ham and veggies. Coffee/Tea and a piece of fruit.	Slice or 2 of sourdough with smashed avocado/ Ricotta or smoked salmon & fresh lemon juice with a touch of cracked pepper. Coffee/Tea and fruit.
SNACKS	Veggie Box, Tin Tuna & Fruit	Veggie Box, Ham & Fruit	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Cheese & Fruit
LUNCH	Veggie/Chicken/ ham & salad wrap. Add some sliced beetroot to the wrap or add your usual salad ingredients that you enjoy. 1 piece of fruit.	Greek salad with grilled chicken and veggies. Vegetarians: grilled Zucchini/eggplant instead of chicken. 1 piece of fruit	BBQ chicken/ roasted vegetables & salad wrap with full fat mayonnaise. 1 piece of fruit.	Basic Tuna or Veggie/Bean salad with your choice of dressing. 1 Piece of fruit.	Brown rice, Grilled chicken & mixed vegetables (frozen is fine). 1 piece of fruit. Vegetarians: replace chicken with eggplant zucchini or capsicum.
SNACKS	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Tin Tuna & Fruit	Veggie Box, Cheese & Fruit	Veggie Box, Ham & Fruit
DINNER	Basic Steak & veggies. Vegetarians: replace steak with a thick slice of Cauliflower aka Cauliflower steak. Add a peppercorn sauce if you like too.	Turkey meatballs, sweet potato mash, green bean salad and sautéed mushrooms (zucchini if you don't like mushrooms). Vegetarians: vegetarian meatballs.	Slow cooked lamb shanks with pumpkin, potatoes carrots and barley. Vegetarians: Slow cooked vegetables in napoletana sauce with pumpkin, carrot, potatoes & barley.	Roasted vegetables with chorizo sausage. Vegetarians: hold the Chorizo and add extra of your fav veggies.	Chicken schnitzel, pumpkin mash or sweet potato wedges and stir fry veggies of your choice in oyster sauce or soy sauce. Vegetarians: eggplant Schnitzel.
SNACK	Yoghurt & Mixed Berries	Homemade Chocolate	Mixed Berries & Mango Pieces	Fruit Salad & Yoghurt	Deconstructed Apple Pie

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 eggs, 1 slice of ham, 1 slice of sourdough toast with avocado. Coffee/Tea. Vegetarians: Hold the ham.	Smoked salmon & sourdough toast, add some sautéed tomatoes & avocado too. Coffee/Tea Vegetarians: Hold the smoked salmon.	Greek yoghurt, roasted muesli, berries & honey. Coffee/Tea.	Vegetable omelette with coffee/Tea.	Ham, tomato & avocado on sourdough toast, add an egg if it's not enough for you. Coffee/tea. Vegetarians: hold the ham.
SNACKS	Veggie Box, Tin Tuna & Fruit	Veggie Box, Ham & Fruit	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Cheese & Fruit
LUNCH	Chicken or Vegetable wraps (use iceberg lettuce leaves as the wrap), 1 piece of fruit.	Prepare a nice salad and add your choice of shaved turkey/ ham/tuna/ Vegetables/Beans & your choice of dressing. 1 piece of fruit	Chicken/Roasted Vegetables & salad wrap, pack it with lots of greens, baby spinach is amazing & put a little full fat mayonnaise for extra flavour. 1 piece of fruit.	Brown rice and steamed veggies if you want to add a little soy/sweet chilli sauce for flavour. 1 piece of fruit.	Turkey/vegetables lettuce & mayonnaise/aioli wrap & 1 piece fruit.
SNACKS	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Tin Tuna & Fruit	Veggie Box, Cheese & Fruit	Veggie Box, Ham & Fruit
DINNER	Veal masala with roast vegetables of your choice, please include sweet potato or pumpkin. Vegetarians: replace veal with a big flat Mushroom.	Sausages of your choice with mashed potato or a mixture of white and sweet potato mash if you like and a green bean salad. Vegetarians: use vegetarian sausages or simply use Capsicum or Zucchini.	Creamy prawn & warm vegetable salad. Vegetarians: Hold the prawns add extra vegetables.	Chicken schnitzel, sweet potato chips and salad or green bean/5 bean mix salad. Vegetarians: Crumbed Cauliflower/Broccoli steak (use almond meal for crumb).	BBQ chicken 5bean mix salad and peas. Vegetarians: Hold the BBQ chicken and add extra beans/mixed vegetables.
SNACK	Yoghurt & Mixed Berries	Homemade Chocolate	Mixed Berries & Mango Pieces	Fruit Salad & Yoghurt	Deconstructed Apple Pie



COOLBODZ
COOLBODZ

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 eggs, 1 slice of ham/smoked salmon/Turkey breast, 1 slice of sourdough toast with avocado or tomatoes. Coffee/ Tea	Greek/Coconut Yoghurt & Berries/ Fruit of your choice with a coffee/tea	Mixed Sauteed Veggies on Sourdough toast, coffee/tea	Greek/Coconut yoghurt, roasted muesli, berries and honey. Coffee/Tea	2 Slices of Sourdough toast with avocado, smoked salmon or Turkey breast, if you like tomato please add sliced tomato to the topping too. Coffee/ Tea. Vegetarians: replace meat with sautéed veggies of your choice.
SNACKS	Veggie Box, Tin Tuna & Fruit	Veggie Box, Ham & Fruit	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Cheese & Fruit
LUNCH	Chicken/Tuna/Ham/ Turkey Salad, pack it with a BUCKETLOAD of salad ingredients that you enjoy. 1 piece of fruit. Vegetarians: Add rooted veggies &/or beans in place of meats.	Chicken/smoked salmon/Turkey/Ham Wrap with Salad (inside) and a piece of fruit. Vegetarians: replace meats with vegetables or beans or both.	Leftovers of dinner the night before is ALWAYS handy. (Steak/Pork/ Chicken/Fish with Stir Fry Veggies. Vegetarians: add extra vegetables to your stir fry and add some beans too.) 1 piece of fruit.	Iceberg Lettuce Wraps – Add fillings of your choice, chicken/deli meats or vegetables, Greek yoghurt for a dressing/sauce is amazing & you can add a little cheese too if you like. 1 piece of fruit.	Steamed Veggies, Brown Rice Cup and Tuna/Chicken/ Meat of your choice with a piece of fruit. Vegetarians: replace meat with roasted mushrooms, zucchini or eggplant.
SNACKS	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Tin Tuna & Fruit	Veggie Box, Cheese & Fruit	Veggie Box, Ham & Fruit
DINNER	Homemade Rissoles with veggies of your choice and a salad too. Vegetarians: make vegetarian rissoles with veggies of your choice.	Steak/Pork/Chicken/ Fish with Stir Fry Veggies. Vegetarians: add extra vegetables to your stir fry and add some beans too.	Seafood Laksa with vermicelli noodles & Veggies. Vegetarians: hold the seafood and add extra veggies.	Oven roasted veggies of your choice! PACK IT to the BRIM!	San Choy Bow. Mince of your choice or vegetarians use veggies & legumes.
SNACK	Yoghurt & Mixed Berries	Homemade Chocolate	Mixed Berries & Mango Pieces	Fruit Salad & Yoghurt	Deconstructed Apple Pie

Vanessa Battiato
0414306955

www.coolbodz.com
vanessa@coolbodz.com



COOLBODZ
COOLBODZ

WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Mixed Veggie plate with an egg or 2 and 1 slice of sourdough toast, piece of fruit, coffee/tea.	Chia Pudding with mixed berries, shaved coconut and banana, Tea/Coffee.	2 slices of sourdough with smoked salmon/ ham/turkey breast/ Veggies, piece of fruit and Tea/coffee.	2 egg Veggie Omelette, piece of fruit. Tea/coffee.	2 x Egg Muffins with a piece of fruit. Tea/Coffee.
SNACKS	Veggie Box, Tin Tuna & Fruit	Veggie Box, Ham & Fruit	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Cheese & Fruit
LUNCH	Tuna/Ham/Turkey breast/Salmon/ Veggie Salad, 1 piece of fruit.	Canned beans/Corn & Brown Rice, 1 piece of fruit.	Salad and Veggie or ham/turkey/ salmon/chicken Wrap, 1 piece of fruit.	Left over dinner from the night before, (Chicken/ Vegetarian Caesar Salad) 1 piece of fruit.	Thai Beef salad. 1 piece of fruit. Vegetarians: Thai Veggie salad.
SNACKS	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Tin Tuna & Fruit	Veggie Box, Cheese & Fruit	Veggie Box, Ham & Fruit
DINNER	Steak/Fish/Chicken/ Veggies and salad.	Seafood Paella with brown rice. Vegetarians: make it with vegetables instead of seafood.	Chicken Caesar Salad	San Choy Bow with Turkey mince. Vegetarians: use finely chopped zucchini, mushrooms & eggplant.	Quick easy Stirfry, you can use whatever meat you like. Tofu for vegetarians.
SNACK	Yoghurt & Mixed Berries	Homemade Chocolate	Mixed Berries & Mango Pieces	Fruit Salad & Yoghurt	Deconstructed Apple Pie



COOLBODZ
COOLBODZ

WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 Slices of Sourdough with ham/smoked salmon/shaved turkey breast, avocado, fruit, Tea/ Coffee.	2 eggs on sourdough with fruit, Tea/Coffee.	Greek/Coconut Yoghurt, Muesli, Honey, Mixed Berries and cinnamon, Tea/ Coffee	2 Egg Muffins, 1 piece of fruit, Tea/ Coffee	Scrambled eggs with veggies of your choice, fruit, Tea/ Coffee.
SNACKS	Veggie Box, Tin Tuna & Fruit	Veggie Box, Ham & Fruit	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Cheese & Fruit
LUNCH	Steamed Veggies, Brown Rice, Beans add your choice of Turkey/Tuna/ Chicken/ Salmon. 1 piece of fruit.	Ham/Turkey/Tuna/ Salmon/Chicken/ Steak/Veggie Wrap and salad. 1 piece of fruit.	Super quick Turkey mince or vegetable stir fry with veggies, place it inside a lettuce leaf or 2 & enjoy. 1 piece of fruit.	Basic Salad with your choice of Veggies/Ham/ Turkey/Chicken/ Meat/Seafood marinara mix/ Salmon. 1 piece of fruit.	Stuffed Capsicums/ mushrooms your choice of filling, you can stuff them with mince or Almond meal, crushed walnuts, grated zucchini and feta cheese. 1 Piece of fruit.
SNACKS	Veggie Box, Yoghurt & Fruit	Veggie Box, Almonds & Fruit	Veggie Box, Tin Tuna & Fruit	Veggie Box, Cheese & Fruit	Veggie Box, Ham & Fruit
DINNER	Super quick Stir fry meat/fish on top of vegetables. Vegetarians: add extra vegetables.	Oven Baked chicken merryland with your choice of veggies and sweet potato mash. Vegetarians: replace chicken with cauliflower/Broccoli steak.	Steak/Fish/Chicken with your choice of Veggies & salad. Vegetarians: add extra veggies & beans/legumes.	Oven roasted Vegetable bowl with your choice of chorizo or meat.	BBQ/Roasted Chicken & Salad, Sweet potato oven chips. Vegetarians: Roasted Eggplant or stuffed capsicums in place of chicken.
SNACK	Yoghurt & Mixed Berries	Homemade Chocolate	Mixed Berries & Mango Pieces	Fruit Salad & Yoghurt	Deconstructed Apple Pie



RECIPE - HOMEMADE CHOCOLATE

Prep: 5 mins

Cook: 5 mins

Total: 10 mins

Author: wellness mama www.wellnessmumma.com

A simple and delicious homemade chocolate that is GAPS, paleo and primal approved (and definitely kid approved!)

Ingredients

- 1 cup of Cocoa Butter
- 1 cup of Organic Dutch Process Cocoa Powder
- 1/2 cup Raw Honey or to taste- using half this amount or less will make a bittersweet chocolate
- 1 teaspoon of Real Vanilla Extract or other flavours to taste
- Optional: Toasted chopped almonds, orange or mint extract, etc)

Instructions

1 Melt cocoa butter in a double boiler or a glass bowl on top of a small pan with an inch of water (make sure water isn't touching bowl) over medium heat.

2 When cocoa butter is completely melted, remove from heat and add cocoa powder, honey, vanilla and other flavour extracts. If using a solid raw honey like Tropical Traditions, melt with the cocoa butter.

3 Make sure all ingredients are well incorporated and smooth. At this point, make sure that no water or liquid gets in to the chocolate as it can cause the texture to get mealy! Be careful even with wet hands or a drop of water in the mould! [Note: I've also just melted all of this on very low heat in a small pan and not had a problem with it, but this isn't as reliable as the double boiler method]

4 Pour the chocolate in to moulds or onto a baking sheet lined with parchment paper or a glass pan to harden.

5 Let harden for several hours at room temperature until hardened and remove from moulds. You can also stick in the fridge to harden more quickly. Will store for over a week at room temperature or can be kept refrigerated for longer.

6 Enjoy!

Notes:

You can also use coconut oil in place of the cocoa butter which will produce a very healthy chocolate, but it will not be as thick or creamy (but still very good!) If you use coconut oil, I recommend hardening in the fridge and storing in the fridge. This is one easy way to add coconut oil and magnesium to your daily diet.

Vanessa Battiato

0414306955

www.coolbodz.com

vanessa@coolbodz.com