

Sample meal plan for a week:

Sunday

Breakfast: Omelet

Lunch: Leftovers from dinner

Snack: Nuts, seeds, dried fruit

Dinner: Beef Chili

Monday

Breakfast: Steamed spinach, minute steak

Lunch: Leftovers from dinner

Snack: Jerky, fruit, and nuts

Dinner: Lamb chops, veggies, kumara

Tuesday

Breakfast: Sausage stir fry breakfast

Lunch: Leftovers from dinner

Snack: Nuts, seeds, dried fruit

Dinner: Garlic chicken, red peppers, mushroom sauce, side salad

Wednesday

Breakfast: Berry smoothie with almonds and coconut cream

Lunch: Leftovers from dinner

Snack: Carrot sticks, nuts and fruit

Dinner: Steak with pineapple salsa

Thursday

Breakfast: Salmon with basil and steamed spinach, ¼ cup blueberries

Lunch: Leftovers from dinner

Snack: Jerky, fruit and nuts

Dinner: Baked fish, roasted green beans, kumara

Friday

Breakfast: Smoothie and 3oz slice of ham

Lunch: Leftovers from dinner

Snack: Fruit salad and jerky

Dinner: Pork chops, salad

Saturday

Breakfast: Bacon, eggs, and avocado

Prep: Prepare slow cooker for roast this evening

Lunch: Leftovers from dinner

Snack: Nuts, seeds, dried fruit, jerky

Dinner: Roast with raw cabbage and pineapple salad