

- **To start your reset - set your goals and identify the habits - and keep these visible!**

	<b>My Goals</b>	<b>Habits to break</b>
Short Term Goal (1 month)		
Medium Term Goal (3 months)		
Long Term Goal (1 year)		

<b>What are your barriers?</b>	<b>How can you overcome these?</b>

# My Weekly Food Planner.

Wk beg:

This week's goal: 50% carbs. 20% protein

Monday	Tuesday	Wednesday	Thursday
Protein Shake Celery + Yogurt Dips / seed nut mix Tuna Salad Boiled egg and veg Paprika Chicken + Veg	Fat Free Greek Yogurt + berries + seeds Cucumber + hummus Paprika Chicken + Veg Protein Balls x 2 Lentil and Tomato Soup	Protein Shake Carrots and hummus Lentil and Tomato Soup Seed nut mix Frittata	Protein Shake Yogurt + berries + seeds Frittata Veg crudites Lamb skewers

Friday	Saturday	Sunday
Egg, spinach and mushrooms Protein balls Lamb skewers Salmon + beans	Protein Shake Tuna / egg pot Mackerel Salad Veg curry (chickpea)	Mushrooms, veggie sausage and beans Soup - lentil Roast

## Notes:

### Additional snacks

Cooked chicken  
 Small pots of tuna  
 Small pots of Greek yog  
 Fruit  
 Nuts / seeds  
 Banana Pancake

# My Weekly Food Planner.

Wk beg:

This week's goal: To increase intake of fish

Monday	Tuesday	Wednesday	Thursday
Scrambled eggs, tomatoes, mushrooms  Protein Shake (small) Chickpea / Tuna Salad  Chilli with bean salad Yogurt / berries snack	Protein Shake Fruit  Stuffed Peppers + salad  Chicken + veg kebabs / salad	Egg wraps  Moroccan Veg soup  Bean Burgers / Salad / Salsa	Protein Shake  Veg protein chilli  Cod + easy ratatouille
Friday	Saturday	Sunday	<b>Snacks:</b> <b>Soup</b> <b>Veg crudites</b> <b>Protein shake</b> <b>Hummus / veg</b> <b>Banana pancake</b>
Overnight Oats  Veg protein chilli (+chunks of fish?)	Banana Pancakes  Lentil / Tomato soup	Poached eggs, avocado, roasted tomatoes, veggies sausages	
Salmon with beetroot + lentils	King prawn, aubergine, kale curry	Bean Burgers  Roast ... !	

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Wk beg:

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Monday	Tuesday	Wednesday	Thursday

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**Notes:**