



FREE 7 DAY EMERGENCY MEAL PLANNER

Essential Shopping List

- Eggs
- Raw nuts, seeds & nut buttes
- Cottage cheese
- Feta/goats cheese
- Parmesan cheese
- Sheep's/Goats yogurt
- Parma ham
- Smoked salmon
- Tinned fish (mackerel, salmon, anchovies)
- Prawns/crayfish
- Bacon
- Chicken breast or thighs
- White Fish
- Steak
- Butter
- Coconut milk
- Tamari sauce
- Garlic salt
- Capers
- Olives
- Apple cider vinegar
- Balsamic vinegar
- Olive oil
- Apples
- Bananas
- Pears
- Melon
- Berries
- Fresh limes and lemons
- Frozen mixed vegetables
- Mixed salad leaves
- Spring onions
- White/red onions
- Beetroot
- Bok choy
- Carrots
- Cucumber
- Tomatoes
- Avocados
- Spinach
- Courgettes
- Mushrooms
- Sweet potatoes

Seven Day Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Parma ham, melon and boiled eggs	Scrambled eggs with spinach and tomatoes	Full fat sheep or Goats milk yogurt with mixed berries, cinnamon and chia seeds	Boiled eggs, sliced pear and almond butter	Mixed berries in lemon coconut cream View Recipe	Cottage cheese with blueberries, pecans and pumpkin seeds	Eggs, bacon, spinach and cooked cherry tomatoes
Lunch	Tuna or sardines with olives, anchovies, spring onion, capers and mixed salad leaves	Goats cheese apple and walnut salad with balsamic vinegar	Tinned salmon with chopped cucumber and avocado dressed in apple cider vinegar and olive oil	Mackerel, beetroot and grated carrot salad dressed in lemon juice and olive oil	Cooked crayfish or prawns with avocado, rocket	Smoked salmon, boiled eggs, olives and red onion salad dressed in lemon juice and olive oil	Feta, pomegranate, pear and spinach salad with olive oil
Dinner	Steak pan fried in butter with sautéed spinach and cherry tomatoes	Fish pan fried in coconut oil, tamari and fresh lime with bok choy and courgettes	Indian spicy omelette View Recipe	Pan fried bacon, onion, spinach and mushrooms in butter	Chicken fajitas in lettuce wraps with mashed avocados View Recipe	Whack something in a sweet potato jacket and serve with a large salad. Try: Tuna in olive oil	Courgetti Carbonara View Recipe