

# FEAST

## SAMPLE OF ANTI-INFLAMMATORY PARTICIPANT BOOKLET



## EXAMPLE WEEKLY MEAL PLANS

Here are examples of what a week might look like. Consider these plans as a guide to give you ideas, not something written in stone! Most of the recipes below can be found on the **Defeat Diabetes** app, or by simply searching on Google online.

Lots of other anti-inflammatory/low-carbohydrate ideas online at: <https://www.eatthebutter.org/dinner-ideas/>

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Raspberry chia pot	Yoghurt with berries	Raspberry chia pot	Coconut crunch granola	Berry yoghurt smoothie	Scrambled eggs with spinach and avocado	Zucchini and feta fritters
<b>Snack</b>	Apple with peanut butter	Hummus and veggies	Apple with peanut butter	Handful of almonds with piece of dark chocolate	Hummus and veggies	Apple with peanut butter	Handful of walnuts
<b>Lunch</b>	Roast vegetable salad	Salad with can of tuna	Leftover prawn pad thai	Leftover burrito bowl	Salad with can of tuna	Salmon with cauliflower rice bowl	One pan spiced halloumi and eggplant
<b>Snack</b>	Handful of almonds with piece of dark chocolate	Almond meal blueberry muffin	Zucchini and feta fritter	Almond meal blueberry muffin	Handful of almonds with piece of dark chocolate	Yoghurt with berries	Almond meal blueberry muffin
<b>Dinner</b>	Garlic prawns with zoodles	Beef pad thai	15-minute burrito bowl	Miso barramundi with vegetables	Swedish meatballs	Baked portobello mushrooms with feta	Grilled lamb chops with roasted vegetables

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Coconut crunch granola	Berry smoothie	Scrambled eggs with spinach and avocado	Berry smoothie	Coconut crunch granola	Scrambled eggs with spinach and avocado	Shakshuka
<b>Snack</b>	Mini frittata	Pear	Apple with handful of almonds	Pear	Mini frittata	Handful of walnuts with piece of dark chocolate	Yoghurt with berries
<b>Lunch</b>	Salad with sliced steak	Easy Tuna Niçoise	Leftover stuffed capsicum	Leftover burger patty with salad	Leftover green curry with cauli rice	Caesar salad	Warm veggie salad with almonds
<b>Snack</b>	Slice of orange almond meal cake	Handful of walnuts with piece of dark chocolate	Mini frittata	Slice of orange almond meal cake	Apple with handful of almonds	Yoghurt with berries	Pear
<b>Dinner</b>	Salmon poke bowl	Stuffed capsicums	Smoky beef burger on mushroom buns	Green vegetable and prawn curry with cauli rice	Easy mushroom, lemon, and garlic chicken	Cauliflower pizza with pesto, sausage, and herbs	Grilled steak and roasted vegetables

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Breakfast egg muffins	Berry yoghurt smoothie	Breakfast egg muffins	Chia pudding pot	Berry yoghurt smoothie	Bacon and eggs with roasted tomatoes	Mexican breakfast scramble
<b>Snack</b>	Chia pudding pot	Beef jerky	Greek yoghurt with berries	Breakfast egg muffins	Handful of almonds with cheese stick	Apple with peanut butter	Strawberry power balls
<b>Lunch</b>	Zucchini and walnut salad	Leftover beef burrito bowl	Leftover salmon patties with salad	Greek salad	Leftover tagine	Kale, broccoli and almond salad	Mushroom soup with crispy cheese croutons
<b>Snack</b>	Strawberry power balls	Handful of almonds with square of dark chocolate	Strawberry power balls	Handful of almonds with apple	Dark chocolate (avocado) mousse	Beef jerky	Dark chocolate (avocado) mousse
<b>Dinner</b>	15-minute beef burrito bowl	Salmon patties with feta sauce and beet salad	Chicken curry with cauliflower rice	Lamb and apricot tagine	Pan-seared barramundi with cauliflower mash	Zucchini lasagne	Grilled lamb chops with roasted vegetables

## Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Coconut granola with milk	Blueberry almond protein smoothie	Vegetable cheese frittata	Blueberry almond protein smoothie	Coconut granola with milk	Tofu scramble	Almond flour pancakes

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<b>Snack</b>	Roasted chickpeas	Slice of almond flour banana bread	Greek yoghurt with berries	Peanut butter balls	Beef jerky	Roasted chickpeas	Handful of walnuts
<b>Lunch</b>	Vegetable cheese frittata	Leftover roast vegetable salad with halloumi	Leftover broccoli and leek soup	Vegetable cheese frittata	Kale Caesar salad	Leftover stuffed capsicums	Creamy Tuscan soup
<b>Snack</b>	Slice of almond flour banana bread	Handful of almonds with dark chocolate	Roasted chickpeas	Slice of almond flour banana bread	Handful of almonds with dark chocolate	Greek yoghurt with berries	Peanut butter balls
<b>Dinner</b>	Roast vegetable salad with halloumi	Cheesy broccoli soup	Spicy tofu san choi bao	Vegetarian stuffed zucchini boats	Stuffed capsicums	Beetroot & halloumi salad with pomegranate	Spiced eggplant curry with cauliflower rice

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