

Week Four – ‘Hour of Power’

Planning your week ahead for Good Mood Success

Set-aside one to two hours on the weekend to:

- Do a shop! Check your pantry / fridge / freezer staples (see our shopping lists) and see if anything needs topping-up.
- Pre-prepare snacks for the week in portion-controlled containers e.g. nuts, fruit salad, berries, granola.
- Prepare ingredients for Burrito Bowl. Store in an air-tight container in the refrigerator.
- Prepare overnight oats.
- Pre-prepare [fish cakes](#) for tacos on Tuesday. Prep any salad ingredients. Store in separate air-tight containers in the fridge.
- Make [TGHD Granola](#). Cool completely and store in an airtight container.
- Make [D-Stress Balls - walnut, fig & ginger](#). Store in an airtight container in the fridge.
- Make a batch of [hummus](#) to use throughout the week. Store in an airtight container in the fridge.
- Prepare ingredients for [mini-Mediterranean snack skewers](#). Store in an airtight container in the fridge.

Week Four - GOOD MOOD MENU PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Overnight oats + chopped pear	Peanut butter and banana toast	Overnight oats + chopped pear	Poached eggs with asparagus and lemon	Dark rye sourdough + tomato and feta	Buckwheat porridge with rhubarb	Ricotta, fig and honey toast
Lunch	Leftover cauliflower and leek soup	Leftover burrito bowl	Veggie burrito	Pulse pasta with chicken and pesto greens	Leftover Slow cooked brown rice risotto	Salmon + salad, capers, & dill on a wholegrain wrap (use leftover salmon)	Leftover Pumpkin and red lentil soup
Dinner	Burrito Bowl	Fish cake tacos	Pulse pasta with chicken and pesto greens	Slow cooked brown rice risotto	Mediterranean Slow baked salmon + green cous cous salad	Pumpkin and red lentil soup	Mediterranean meat balls + mint cous cous and veggies
Snacks	1 cup fruit salad	Carrot/celery sticks with peanut butter	1 small tub (200g) reduced fat Greek yoghurt + berries	Mini probiotic green smoothie bowl	1 medium mandarin	Wholegrain crackers with Peanut butter & strawberries	1 small skim cappuccino
Snacks	1 small tub (200g) reduced fat Greek yoghurt + ¼ cup TGHD Granola	Wholegrain crackers with avocado and tomato	1 banana + 10 almonds	D-stress balls - walnut, fig and ginger	10 olives + 40g cheese	kefir shot 30g	2 slices Dark Rye with Peanut Butter and Banana
Snacks	10 unsalted cashew nuts	D-stress balls - walnut, fig and ginger	Mini Mediterranean snack skewers	Mini Mediterranean snack skewers	200g reduced fat Greek yoghurt + ¼ cup TGHD Granola	D-stress balls - walnut, fig and ginger	1 orange
Snacks	1 small black coffee with a dash of milk	1 cup grapes	2 squares dark chocolate (>70%)	1 persimmon	3 dates	1/2 cup edamame beans	30g unsalted Brazil nuts