

Week One – ‘The Hour of Power’

Planning your week ahead for Good Mood Success

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

- Do a shop! Week one is the time to set yourself up with pantry / fridge / freezer staples (see our shopping lists)
- Pre-chop fruit salad e.g. apple, cantaloupe, pineapple, passionfruit, papaya, strawberries and store in an air-tight container
- Pre-chop veggie sticks e.g. carrot, celery, cucumber and store in an airtight container
- Make [Gut Health Dietitian Granola](#). Cool and store in an airtight container.
- Make [Zucchini Slice](#). Pre-slice into portions for refrigerating or freezing.
- Make [Rainbow Pulse Salad](#). Store in an airtight container and don't dress until needed.
- Make [Chickpea Protein Balls](#). 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.

Note:

Once you have confirmed your menu plan for the week, refer to the ‘Recipes’ tab when you are logged into The Good Mood Diet to get the recipes. You can swap for something else by selecting the relevant meal ‘category’ on the right-hand side of the recipe page.

Be sure to check the number of serves that your selected recipes make. This will help you decide if you need to double quantities for lunch the next day or whether you will have enough based on the number of people you are feeding.

If you feel like something different for lunch or don't have enough leftovers, check out our [Sandwiches / Wraps](#) category of recipes for something tasty and easy.

When it comes to **snacks**, fruit is always a great option and helps you meet your nutrient needs throughout the day. Other suggestions are provided in case you are hungry between meals, but please don't feel compelled to eat everything if you are not hungry.

Week One - GOOD MOOD MENU PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Tomato, avocado and feta toast	Overnight oats + chopped pear	Mediterranean Papaya boat	Tomato, avocado and feta toast	Mediterranean Papaya boat	Chai spiced pear porridge	Poached eggs with asparagus and lime
Lunch	Rainbow pulse salad + 1 orange	Zucchini slice (leftover) + leafy greens + slice dark rye sourdough	Salmon & salad wrap with capers and dill	Leftover Cauliflower and leek soup + 1 slice dark rye sour dough	Leftover Pomegranate, chickpea and orange salad with wild rice, dukkha and egg	Tomato, spinach, mushroom toastie on wholegrain bread	Healthy Vegetarian pizza + salad
Dinner	Zucchini slice + leafy greens + slice dark rye sourdough	Garlic and rosemary grilled chicken with warm quinoa salad	Cauliflower and leek soup + 1 slice dark rye sour dough	Pomegranate, chickpea and orange salad with wild rice, dukkha and egg	Healthy Homemade Burgers	Mediterranean Slow baked salmon + Green Cous Cous Salad	Pumpkin and bean cassoulet (stew)
Snack Options	1 cup fruit salad	Homemade hummus + veggie sticks	1 small tub (200g) Greek yoghurt + ¼ cup TGHD granola	1 small tub (200g) Greek yoghurt	1 persimmon or medium mandarin	Wholegrain crackers with peanut butter & strawberries	1 small punnet berries
	1 small tub (200g) Greek yoghurt (add 1 teaspoon honey if needed)	Wholegrain crackers with peanut butter & strawberries	1 banana	1 medium pear	10 olives	kefir shot 30g	1 Gut Healthy Wholemeal Banana Muffin
	1 small black coffee with a dash of milk	2 Chickpea protein balls	Mini Mediterranean snack skewers	Mini Mediterranean snack skewers	40g low fat cheese	2 Chickpea protein balls	1 apple
	8 walnut halves	2 mandarins	10 almonds	30g mixed unsalted nuts	1 small tub (200g) Greek yoghurt + ¼ cup TGHD granola	1 cup chopped fruit	1 small skim cappuccino