

Week Three – ‘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! Check your pantry / fridge / freezer staples (see our shopping lists) and see if anything needs topping-up.
- Pre-prepare snacks for the week ahead
- Pre-chop veggie sticks e.g. carrot, celery, cucumber and store in an airtight container
- Make [Apple & Walnut Baked Porridge](#). Cool and store in covered baking dish in the fridge.
- Prepare ingredients ready to make the [Tuna Pasta Bake](#) on Monday night (can be pre-made if you know you will be short on time).
- Make [Minestrone Soup](#) for refrigerating or freezing.
- Chop veggies for [Mediterranean stir fry beef](#). Store in an airtight container.
- Make [Happy Gut Bread](#). 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.

Week Three - GOOD MOOD MENU PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple and walnut baked porridge	Avocado and dukkha smash with eggs	Apple and walnut baked porridge	Avocado and dukkha smash with eggs	Quinoa porridge with fruit salad	Homemade baked beans	Mango, ginger and turmeric smoothie bowl
Lunch	Zucchini and goats cheese frittata with leafy greens	Leftover Tuna, pasta bake + 1 orange	Egg & salad wrap	Leftover minestrone soup	Leftover salmon (or tuna) + salad wrap with capers & dill	Chicken, salad wrap + 1 mandarin	Leftover eggplant and chickpea curry
Dinner	Tuna, pasta bake + salad	Mediterranean stir fry beef	Minestrone soup	Baked salmon + Brussels sprouts	Baked eggs with lentils	Eggplant and chickpea curry	Cauliflower and leek soup
Snack Options	1 mandarin	Carrot/celery sticks with peanut butter	Greek yoghurt, granola and berries	Mango, maple chia, coconut pudding	1 pear	Peanut butter & strawberries on wholegrain crackers	1 small skim cappuccino
	1 slice happy gut bread	Wholegrain crackers with tomato, hummus & basil	1 banana + 10 almonds	½ cup spicy roasted chickpeas	10 mixed olives + 40g cheese	1 kefir shot	2 rye crackers with ricotta and sardines
	30g unsalted nuts	2 small kiwifruit	1 slice happy gut bread	1 kefir shot	200g reduced fat Greek yoghurt + ¼ cup TGHD Granola	1 cup chopped pineapple or melon	1 pink lady apple
	1 small black coffee with a dash of milk	30g unsalted nuts	2 squares dark chocolate (>70%)	1 cup chopped melon	3 dates	1/2 cup edamame beans	30g unsalted nuts