

# YOUR DAY ON A PLATE

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## BREAKFAST

### CINNAMON MUESLI

- 1 banana peeled and sliced
- 2 tablespoons desiccated coconut
- ¼ cup millet
- ¼ cup quinoa
- ¼ cup buckwheat groats
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 2 cups coconut water
- ¼ teaspoon cinnamon
- 1 teaspoon maple syrup

1. Combine coconut, millet, quinoa, buckwheat groats, seeds and cinnamon in a bowl and add the coconut water/milk and mix.
2. Cover and soak over night.
3. Strain and reserve the coconut water/milk to pour over when serving.
4. Use half a cup to serve one person and top with banana and maple syrup.



## LUNCH

### SHREDDED BRUSSELS SPROUT SALAD

- 1 avocado, cubed
- 400g brussels sprouts
- 1 Tablespoon slivered almonds
- 2 spring onions finely sliced
- 2 tablespoons sultanas finely chopped
- Juice ½ a lemon
- 2 tablespoons extra virgin olive oil
- Pinch of salt and pepper

1. Remove stem of brussels sprouts and finely slice.
2. In a large bowl combine brussels sprouts, avocado, spring onions, almonds and sultanas.
3. In a separate small bowl, combine the lemon juice, olive oil salt and pepper mix.
4. Pour dressing over salad ingredients.



## DINNER

### TUNA NICOISE SALAD

- 2 fillets of fresh tuna (for a more sustainable option choose wild caught snapper)
- Olive oil
- medium sweet potato - boiled and sliced with the skin left on
- 2 eggs - boiled and sliced
- 1 handful of green beans – tailed and cooked until tender

- Salsa Verde Ingredients:
- 2 cloves garlic - minced
  - 1 teaspoon of capers
  - ½ cup parsley
  - ½ cup basil
  - ¼ cup mint
  - 1 tablespoon of apple cider vinegar
  - 1 tablespoon of lemon juice
  - 100ml of olive oil

1. To make the Salsa Verde blend all ingredients in a blender to form a paste
2. On a large plate, arrange the still warm egg, sweet potato and green beans
3. Rub tuna with sea salt and black pepper, and drizzle with olive oil, place on a hot pan and sear for 2 minutes on each side
4. Place tuna on the serving plate and pour over Salsa Verde
5. Serve immediately



## SNACK

### CHOC NUT BUTTER BALLS

- 1 cup rolled oats
- 1 medium banana, mashed
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon of your favourite nut butter
- 1 packet Stevia
- 1 teaspoon vanilla extract

1. Combine all ingredients into a bowl, mix until combined.
2. Using a tablespoon, scoop out mixture and roll into balls.
3. Place the balls onto a cookie sheet / plate, and continue until all balls are made.
4. Refrigerate balls for an hour or eat straight away.

