

December 28 Day Weight Loss Challenge

MEAL PLANNING AND TIME SAVING

To maximise your meal prep opportunities and make it super easy to prepare the December Challenge Week One healthy meals in no time, copy Rhian's simplified meal plan into your customiser, changing serve sizes and meals to suit your needs. Then follow the meal prep tips on the recipes and set aside some time on the weekend to get started with preparing your delicious week of meals. Remember to use the "leftovers/eating out" thumbnail for recipes that are set to serve more than one, to allocate when you will eat the extra serves and avoid excess ingredients being added to your shopping list.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	 Mango Breakfast Jelly with Raspberries & Yoghurt	 Pineapple & Coconut Muffins	 Mango Breakfast Jelly with Raspberries & Yoghurt	 Pineapple & Coconut Muffins	 Peach & Lime Bircher	 Peach & Lime Bircher	 Fried Eggs & Asparagus
MORNING SNACK	 Cucumber Christmas Stacks	 Mango Bars	 Cucumber Christmas Stacks	 Walnuts & Nectarines	 Chocolate & Spiced Ricotta Thins	 Tuna Rice Cakes	 Cucumber Christmas Stacks
LUNCH	 Egg Zucchini & Orange Quinoa Salad	 Chicken Salad with Peach Salsa	 Egg Zucchini & Orange Quinoa Salad	 Chicken Salad with Peach Salsa	 Creamy Spicy Tuna Open Sandwich	 Turkey, Apple, Cranberry & Walnut Wrap	 Summer Zucchini Pita Pizza
AFTERNOON SNACK	 Walnuts & Nectarines	 Chocolate & Spiced Ricotta Thins	 Mango Bars	 Tuna Rice Cakes	 Mango Bars	 Walnuts & Nectarines	 Tuna Rice Cakes
DINNER	 Pulled Pork Cos Cups	 Chunky Baba Ghanoush & Beef Kebabs	 Chicken with Pumpkin, Red Onion & Feta Salad	 Pulled Pork Cos Cups	 One Pan Chicken BLT Salad	 Chilli Garlic Prawns with Zucchini Noodles	 BBQ Ribs with Grilled Cos & Capsicum
EVENING SNACK	 Mango Bars	 Walnuts & Nectarines	 Chocolate & Spiced Ricotta Thins	 Mango Bars	 Walnuts & Nectarines	 Chocolate & Spiced Ricotta Thins	 Mango Bars

Love this pre-customised meal plan? In Feb 2017 we launch our NEW App with time saving & budget meal plans just like this that you can further customise to make following the Challenge even easier! www.healthymummy.com