



SAMPLE 7 DAY MEAL PLAN

CATRIONA MCMORRIS QUALIFIED NUTRITION & WELLNESS COACH

As a qualified Nutrition & Wellness Coach, I'm devoted to educating and empowering others to achieve their Nutrition & Wellness goals, maintaining them for the long term and living their best life. As a clinician, I will fulfill my services in total confidentiality. I will always offer honest, impartial feedback and I really want to help people meet their nutrition & wellness goals like reduce bloating, stop cravings, eat nutritious meals and weight loss. With my guidance, knowledge, self-care advice and tailored meal plans I can help you achieve your goals.

Thank you for subscribing to my Newsletter mailing list and please find below your freebie sample 7 day nutritious meal plan. If you have any queries or comments please reach out to me as I'd love to speak with you.

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	Monday *Batch Meal	Tuesday	Wednesday *Meat Free* *Batch Meal*	Thursday	Friday *Friday Fakeaway*	Saturday *Shop Day	Sunday * Prep Day
Morning Cleanse	Wheatgrass Shot	Warm water / lemon / ACV	Wheatgrass Shot	Warm water / lemon / ACV	Wheatgrass Shot	Warm water / lemon / ACV	Wheatgrass Shot
Breakfast	Overnight Buckwheat Porridge 25g Cooked Buckwheat 1 tsp MACA 1tsp Seeds Berries Natural Yogurt	MACA Energy Smoothie *Recipe Online	Omelette In a Jar *Recipe Online (Under Suppers) Have alone / With ½ avocado sliced Or 1 x slice B.Bread	MACA Energy Smoothie *Recipe Online	Overnight Buckwheat Porridge 25g Cooked Buckwheat 1 tsp MACA 1tsp Seeds Berries Natural Yogurt	Banana Pancakes *Recipe Online Handful of berries with Nut Butter 1 tsp or Greek Style Yogurt 1tbsp	See Cooked Breakfast (Tips on website)
Midday Meal	Roasted Carrot & Fennel Soup *Recipe Online OPTIONS: Shred a chicken breast through or add butter beans for protein NO BREAD HERE	Falafel Pitta Pocket Portion: 2 x small patties or 3 medium balls rolled of FALAFEL *Recipe Online	1 Mexican Style Veggie Burger *Recipe Online Side Salad or Roasted Veg Dressing : Homemade Hummus 1-2 tbsp	Warm Winter Salad *Recipes Online	Frittata (Can be made the night before) *Recipe online	YOUR CHOICE EXPERIMENT: Plan your shopping Plan your batch cook time	YOUR CHOICE Roast Dinner ½ plate with steamed / roasted veg Celeriac mash instead of potato Meat (lean cuts steak / fish / roast chicken) Dressing: 1-2tbsp of choice
Evening Meal	Lasagne *Recipe Online NO JARS / PACKETS with a side of vegetables or salad Side Salad – 1 cup / 130g Or Vegetables – 1 cup or 130g	1 x fresh salmon/ white fish of choice fillet baked 3 x baby potatoes boiled/ steamed 1 portion of steamed veg (2-3 choices) Dressing 2tsp wholegrain mustard	Red Lentil Curry *Recipe Online Serve with 1 tbsp natural yogurt Optional toasted mini wholemeal wrap cut into triangles	1 x marinated lean chicken / turkey breast with 3 x baby potatoes boiled / steamed 1 portion of steamed veg (2-3 choices) Dressing 2tsp pesto	DIY Pizza Wraps with side salad Homemade Potato Wedges Optional Wedges: 8 medium = 1 portion	YOUR CHOICE	YOUR CHOICE

SNACKS See List – You have up to two in a day and only if you are hungry!	'Jelly In A Glass'	1 x energy ball	2 squares dark chocolate	1 x energy ball	No Grain Granola: 2 tbsp stewed fruit with natural yogurt topped with small handful berries and 2 tbsp of 'no grain granola' *Recipe Online	Try a dessert / snack from the website section	Try a dessert / snack from the website section
Exercise	Recommended 20 minute brisk walk each day						
Water	6 small glasses minimum	6 small glasses minimum	6 small glasses minimum	6 small glasses minimum	6 small glasses minimum	6 small glasses minimum	6 small glasses minimum
Fluid	Black Coffee / Americano (Finish by 2pm and no more than 2 per day) Tea Water / warm water lemon Herbal teas	Black Coffee / Americano (Finish by 2pm and no more than 2 per day) Tea Water / warm water lemon Herbal teas	Black Coffee / Americano (Finish by 2pm and no more than 2 per day) Tea Water / warm water lemon Herbal teas	Black Coffee / Americano (Finish by 2pm and no more than 2 per day) Tea Water / warm water lemon Herbal teas	Black Coffee / Americano (Finish by 2pm and no more than 2 per day) Tea Water / warm water lemon Herbal teas	Alcohol limit to 1 night per week for best results Women = Up to 11 units per week 100ml glass wine 35ml spirit 1/2 glass beer	Alcohol limit to 1 night per week for best results Women = Up to 11 units per week 100ml glass wine 35ml spirit 1/2 glass beer

Recipes - All of the recipes for my meals can be found on my website at www.reveal.ie/wellness/free-nutrition-wellness-resources

NUTRITION CLIENT FEEDBACK

“Catriona’s plan was just what I needed. After completing the four weeks I now feel comfortable in myself I lost the bloating feeling in week one which in itself is a great feeling. Not only did I lose a few pounds but I also learned so much along the way because of this my family and I are eating a lot healthier and I have the tools to keep on the weight loss journey.”

Caroline

Disclaimer: Please note that this sample 7-day meal plan is not suitable for those under 18 years of age and pregnant ladies as it does not meet your specific nutritional needs.