



2-day self-love meal plan

Days	BF	Snack-optional	L	D
1	Avocado, eggs on sourdough	200 ml yoghurt + 2 tbsp Nut + 1/3 Cup berries	Tuna Salad Jar	Chicken Tacos
2	Chia Pots	¼ Cup Hummus and 1 carrot cut into strips	Mexican Chicken Salad Jar	Steak/chicken/fish flavour bomb and roast veg

2-day self-love morning routine

Wake up	Activity	Description	Suggestion
5.30am	Make a drink of your choice	Coffee, tea, green tea, honey and lemon hot water	Leave your phone by the bed
5.40am	Journal	While sipping your drink, take time to journal. Write anything and everything that comes to your mind	Write what you feel and then how you'd like to feel
6.20am	Walk	Use the walking meditation to connect deeply with your body. Alternatively you could use the playlist to feel strong or walk in any way that you would enjoy	Focus on the positive steps you're taking, no matter how big or small
6.50am	Breakfast	Make the planned meal	Eat mindfully, notice textures, flavours etc. Enjoy every bite



Day 1& 2

Preparation

Prep list

Egg and avo on bread

Frying pan to cook the eggs
Toaster
Spatula
Knife
Fork
Chopping knife
Chopping board

Salad jars

2 x 750 ml-1 litre Mason Jar or a jar to put salad in
Chopping knife
Chopping board

Low Carb Chicken Tacos

Skillet
Chopping knife
Chopping board
Zip lock bag (optional)
Small bowl
Oven
Baking Sheet

Chia pudding

500 ml Jar
Medium Mixing bowl (optional)

Steak and Flavout bomb

Griddle pan
Medium bowl
Chopping knife
Chopping board

Shopping list

Fresh produce

1 whole tomato (Optional)
¼ cup microgreens (optional)
1 Punnet Blueberries
2 Punnets Cherry Tomatoes
1 Large Cucumber
2 Carrot
2 red pepper
1 Green pepper
1 Yellow pepper
1 Zucchini
2 Cos Lettuce
6 Cups Mixed Salad greens*
1 Bunch or spring onion
½ Cup Pumpkin or Broccoli
1 Ripe Avocado
½ red onion
4 limes
1 Punnet Blueberries
1 Tbsp Cranberries
3 Lemons

Protein

2 Eggs
1 Small tin Tuna in brine
240 g Chicken
120 g Steak/chicken/salmon

Herbs & spices

1 Tbsp Mixed nuts of seed
2 Bunches basil
1 Bunch Coriander
1 tsp Smoked Paprika
3 garlic cloves
2 Tbsp Hemp seeds
¼ Cup Chia seeds
2 Tbsp Kefir (optional)
3-4 tsp Mexican spice*
2 tsp Salt
1 tsp Black Pepper
1 tsp Vanilla extract
¼ cup Hummus

Diary

300 ml Greek yoghurt*
2 Tbsp Feta
¼ Cup grated cheese (optional)
½ Cup Milk of choice
2/3 Cup olive oil
3 Tbsp Apple cider vinegar

Carbs

1 Slice Sourdough Bread*

* Sourdough Bread could be swapped for wholegrain Bread or Gluten Free bread

*Greek yoghurt or a plain yoghurt you like or can tolerate

*Mixed Salad greens (or 4 cups mixed greens +1 Cup Baby Spinach +1 Cup Rocket)

*Mexican spice (or you can make your own 2 tsp cumin, 2 tsp smoked paprika, 2 tsp dried oregano, ¼-1/2 tsp chilli powder)



Day 1& 2

Recipes

Condiments

Flavour bomb

INGREDIENTS

½ red onion, chopped
3 garlic cloves, crushed
Olive oil
Apple cider vinegar
1 Handful of basil, chopped
Zest of 1 lemon
Juice of 2 lemons
2 tbsp Apple cider vinegar (the mother)
½ Cup Olive Oil
Black pepper to taste
½ tsp Sugar
½ tsp salt

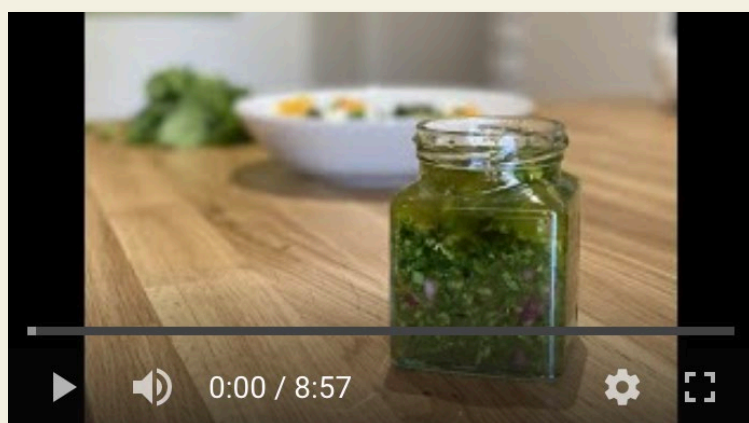
METHOD

Mix all the ingredients together, taste and season further if it needs

TikTok



YouTube



Day 1

Total: 1580 kcal 100 g P. 68.6 g net CH. 93 g F

Recipes

Breakfast

Avocado and Egg on Sourdough bread

412kcal 20 g P 27 g C 22 g F

INGREDIENTS

1 slices of sourdough or wholegrain or gluten free bread

1/2 ripe avocado

1 tsp of fresh lemon juice

2 Eggs

Salt and pepper to taste

Optional toppings: sliced tomato, microgreens

TIP

Add 2 tbsp Flavor bomb instead of avocado or 1 tbsp Tapanade or 2 tsp butter

METHOD

Toast the whole grain bread slice until golden brown.

Place avocado on bread and mash, sprinkle over the fresh lemon juice, salt, and pepper to taste.

Spread the mashed avocado evenly onto the toasted bread slice.

Pan fry the eggs in a non stick pan. Place egg onto the bread and serve.

Add optional toppings if desired, such as sliced tomato, microgreens, spring onions.

Serve immediately and enjoy your nutrient-rich, anti-inflammatory breakfast!

Snack

Greek yoghurt with nuts and berries

364 kcal 13 g P 17g C 27g Fat

200 ml Greek yoghurt/Lactose free/ ½ Cup Coconut

2 tbsp Nuts

1/3 Cup Blueberries



Recipes

Lunch

Tuna & Feta Salad Jar with Flavour Bomb

402 kcal, 29 g P, 13 g C, 24 g F

INGREDIENTS

750 ml - 1 liter Mason jar with a lid

2 tbsp Flavour Bomb

2 cups mixed salad greens (such as spinach, rocket, and /or cos lettuce)

1/2 cup cherry tomatoes, halved

1/2 cup cucumber, diced

1/4 cup shredded carrots

1/4 cup bell peppers, diced (choose a variety of colors for added antioxidants)

1 small tin tuna, strained or 90 g cooked and shredded chicken or 1/2 cup cooked chickpeas

2 tbsp crumbled feta cheese (optional)

1 tbsp toasted nuts or seeds (such as almonds, walnuts, or sunflower seeds) for added crunch and healthy fats

Fresh herbs (such as parsley or basil) for garnish

METHOD

Assemble Salad in Jar

Start by adding the Flavour bomb to the bottom of the Mason jar. Layer the salad ingredients in the following order: cherry tomatoes, cucumbers, shredded carrots, bell peppers, tuna, mixed salad greens, crumbled feta cheese (if using), and toasted nuts or seeds.

Pack Tightly

Pack the ingredients tightly into the jar, pressing down gently as you add each layer to ensure everything fits. Leave about 1 inch of space at the top of the jar for shaking and mixing.

Seal and Store

Seal the Mason jar tightly with the lid and store it in the refrigerator until ready to eat. The salad can be stored in the refrigerator for up to 3-4 days, making it perfect for meal prep.

Serve

When ready to eat, shake the Mason jar vigorously to distribute the dressing evenly. Pour the salad into a bowl or enjoy it straight from the jar. Garnish with fresh herbs for added flavor and freshness.

TIP

Use 1 tbsp basil pesto or sundried tomato pesto instead of flavor bomb. I would mix the pesto with 1 tsp apple cider vinegar/Sauerkraut and 1 tbsp water to make it into a dressing.

Add 1/4 tsp Seaweed to your dressing to increase iodine content



Recipes

Dinner

Low Carb Chicken Tacos

403 kcal 40 g P 11g C. 20 g F

INGREDIENTS

Chicken marinade

240 g chicken breasts, sliced into strips

1 tablespoons olive oil

1/2 tablespoon lime juice

2 tsp Mexican spice

1/2 tsp Smoked Paprika

Salt and pepper to taste

Vegetables

1 red bell pepper, sliced

1 green bell pepper, sliced

1 yellow bell pepper, sliced

1 medium zucchini, sliced

1 tablespoons olive oil

Salt and pepper to taste

For serving

Cos leaves for wrapping

1/2 Cup baby tomatoes, cut in half

1/2 Cup diced cucumbers

2 Tbsp chopped fresh cilantro leaves

1 Lime wedges

METHOD

Prepare the Chicken Marinade

In a bowl, whisk together the olive oil, lime juice, Mexican spice mix, smoked paprika, salt, and pepper. Add the sliced chicken breast strips and toss to coat. Let marinate for at least 30 minutes in the refrigerator.

Prepare the Vegetables

Preheat the oven to (200°C 400°F).

Place the sliced bell peppers and zucchini on a baking sheet lined with parchment paper. Drizzle with olive oil and season with salt and pepper. Toss to coat evenly.

Roast in the preheated oven for 15-20 minutes, or until the vegetables are tender and lightly browned.

Cook the Chicken

Heat a large skillet over medium-high heat. Add the marinated chicken strips and cook for 6-8 minutes, or until cooked through and no longer pink in the center.

Assemble

Divide the chicken and vegetables into half.

Place 1/2 of the cooked chicken strips into cos lettuce leaves

Top with 1/2 the roasted bell peppers and zucchini slices.

Garnish with tomatoes, cucumbers, and fresh cilantro leaves.

Squeeze fresh lime juice over the fajitas before serving.

Serve

Serve the low carb chicken tacos immediately, accompanied by additional lime wedges if desired.

Drizzle with a little sour cream or yoghurt for additional flavor.



Recipes

Breakfast

Chia pudding

187 kcal 5 g P 14 g C 10 g fat

INGREDIENTS

1/4 cup chia seeds

1-2 tbsp Kefir (optional)

1/2 cup milk of your choice (such as almond milk, coconut milk, or dairy milk)

1/2 Cup yoghurt (Greek/Coconut)

1 tsp vanilla extract

Pinch of cinnamon

Optional toppings: 1/3 Cup Blueberries + 2 tbsp Hemp seeds/ toasted flaked almonds

METHOD

In a mixing bowl or jar, combine the chia seeds, kefir, milk, yoghurt and vanilla extract. Stir well to ensure the chia seeds are evenly distributed.

Cover the bowl or jar and refrigerate for at least 2 hours, or preferably overnight. The chia seeds will absorb the liquid and thicken to create a pudding-like consistency.

After the pudding has set, give it a good stir to break up any clumps and ensure a smooth texture.

Divide the chia pudding into serving bowls or jars. You can enjoy it as is or add your favourite toppings, such as fresh fruit, nuts, seeds or coconut flakes.

Leftover chia pudding can be stored in an airtight container in the refrigerator for up to 3-4 days. Give it a stir before serving if it separates.

Snack

Carrots dipped in Hummus

187 kcal 5 g P 14 g C 10 g fat

1/4 Cup Hummus

1 Carrot, peeled and cut into strips, dip in hummus



Recipes

Lunch

Mexican chicken salad jars

426 g kcal 40 g P 12 g C 22g F

INGREDIENTS

750 ml - 1 liter Mason jar with a lid
3 tbsp Greek Yoghurt
1 tsp Mexican spice
¼ tsp Smoked Paprika
1 tsp Lime juice
1 tbsp Water - optional
2 cups chopped up cos lettuce
½ cup cherry tomatoes, halved
½ cup cucumber, diced
Roasted red pepper and courgette from last night's dinner
Mexican chicken pieces from last night's dinner
¼ Cup grated cheese-optional
1 tbsp toasted nuts or seeds (such as almonds, walnuts, or sunflower seeds)
Fresh herbs (such as coriander, spring onion)

METHOD

Dressing

In a small bowl, mix together the yoghurt, Mexican spice, lime juice and water.

Assemble Salad in Jar: Start by adding the dressing to the bottom of the Mason jar. Layer the salad ingredients in the following order: cherry tomatoes, cucumbers, roasted vegetables, Mexican chicken, cos lettuce, cheese (if using), and toasted nuts or seeds.

Pack Tightly

Pack the ingredients tightly into the jar, pressing down gently as you add each layer to ensure everything fits. Leave about 1 inch of space at the top of the jar for shaking and mixing.

Seal and Store

Seal the Mason jar tightly with the lid and store it in the refrigerator until ready to eat. The salad can be stored in the refrigerator for up to 3-4 days, making it perfect for meal prep.

Serve

When ready to eat, shake the Mason jar vigorously to distribute the dressing evenly. Pour the salad into a bowl or enjoy it straight from the jar. Garnish with fresh herbs for added flavor and freshness



Recipes

Dinner

Steak /Salmon with Flavour bomb and Green salad

453 kcal 36 g P 13 g C 28g F

INGREDIENTS

For the Steak:

1 boneless ribeye steaks or sirloin steaks (about 120 g each) or Salmon or Chicken

1 tsp olive oil

Salt and pepper to taste

2 tbsp Flavour bomb

For the Salad

2 cups mixed rocket and baby spinach

½ cup roasted pumpkin (you could add steamed broccoli or grated carrots)

1 tbsp toasted nuts/seeds

1 tbsp Cranberries

Sprinkle of Apple cider vinegar

Salt and pepper to taste

METHOD

Prepare the Salad

In a bowl, combine the salad, pumpkin, a dash of vinegar, salt and pepper. Mix and plate up. Sprinkle over the cranberries and nuts/seeds

Cook the Steak

Pat the steak dry with paper towels and season both sides generously with salt and pepper.

Heat a grill pan or outdoor grill over medium-high heat. Brush the grill with olive oil to prevent sticking.

Grill the steak for 3-4 minutes per side for medium-rare, or longer to desired doneness. Cooking time will vary depending on the thickness of the steaks and your preferred level of doneness.

Remove the steaks from the grill and let them rest for a few minutes before slicing.

Assemble the Dish

Slice the grilled steaks against the grain into thin strips.

Arrange the sliced steak on a serving platter.

Serve

Serve the steak with the Flavour bomb poured over it and the salad served on the side.