

Sarah Pilati



7-DAY MEAL PLAN

To Combat Fatigue
& Boost Energy

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Medical Disclaimer

This meal plan is designed for educational and sharing purposes, and you follow it at your own risk. You are an adult, capable of listening to your body and knowing what foods you may need to avoid so you feel your best.

If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. Sarahpilati.com assumes no risk for your voluntary participation in this meal plan.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Chocolate super smoothie	Vanilla, mango & cinnamon super smoothie	Strawberry super smoothie	Jaffa super smoothie	Choc Mint super smoothie	Chocolate super smoothie	Choc berry super smoothie
Morning Tea	1/2 cup plain yoghurt 1/2 cup berries Sprinkled with pecans	30g Tin Tuna (or fresh) Large salad 5 olives	30g Feta Small apple (or small fruit) 1 macadamia nut	1/4 cup cottage cheese 1/2 carrot 3 celery sticks 5 olives	30g Tuna 1 large toss salad 1 tsp salad dressing (oil based)	45g Goats Cheese 1 cup diced tomato 5 olives	45g Salmon 12 asparagus spears 1/3 tsp olive oil
Lunch	Strawberry cheesecake super smoothie	Chocolate super smoothie	Vanilla smoothie	Strawberry super smoothie	Chocolate super smoothie	Vanilla super smoothie	Vanilla super smoothie
Afternoon Tea	30g Turkey breast 1 carrot 5 olives	30g Hummus Tomato 45g feta cheese	1 Boiled Egg Rice Cake 1 TBS avocado	30g Chicken 1 TBS guacamole 1 tomato	1 Egg 1 Cucumber 5 Almonds	30g Chicken Rice paper roll Salad herbs (low carb roll)	1/4 cup cottage cheese 1/2 cup pineapple 4 Almonds
Dinner	Asian vegetable omelette	Baked Salmon with green beans and roasted sweet potato chips	Pan-fried chicken with roasted vegetable salad	Shredded slow cooked lamb with sautéed broccolini, zucchini and Tuscan kale	Beef stir-fry and brown rice	Thai chicken and cauliflower rice	Lamb cutlets with Greek salad