

## PAMPY EATS

1<sup>st</sup> July – 28<sup>th</sup> July 2024.



- ✓ Use this as your shopping list.
- ✓ Make fresh and eat a portion to satisfy your appetite.

### Breakfast

1	2	3	4	5	6
Nothing	Coffee & Nuts	Eggs & Cheese	Berries & Yog	Sourdough & Av	P's Porridge
Coffee/ Tea MCT Oil	Salted Macadamias, Almonds, Walnuts Coffee/Tea (MCT)	Boiled eggs, either; cheddar, tasty or haloumi cheese Coffee/ Tea (MCT)	All berries (frozen are OK), natural yoghurt, ground cinnamon Coffee/Tea	Real sourdough, avocado, sea salt, olive oil & fresh lemon Coffee/Tea	Contain: Oats, LSA mix, coconut, berries, ground cinnamon, honey Coffee/Tea

### Lunch

1	2	3	4	5	6
Tuna & Rice	Salad & Beef	Chicken & Q	Sourdough & G	Sweet pot & L	Biltong crunch
Tuna in olive oil Rice or quinoa (the microwavable version), sea salt, avo & fresh lemon	Whip up a leafy salad – anything fresh works. Contain your beef cuts. Mac & pecan nuts, salt & fresh lime.	Contain your chicken, add microwavable quinoa, lime, sea salt, celery, carrots & capsicum	Real sourdough, goats cheese, avo, olive oil, lemon, sea salt	Contain your baked sweet potato, contain your lamb cuts, add chilli flakes, nat yoghurt, salt & lime. Apple or pear	Order some barbell biltong, box up; celery, carrots, mac nuts, haloumi, and capsicum

### Lunch

1	2	3	4	5	6
Veggies/ Beef	Spag bolognese	Salmon & Veg	Chicken Curry	Tom/ Bacon S	Hamburgers
Roast veggies of choice (the more, the better), add butter & sea salt. Add the beef	Don't you dare add sugar! Google a simple recipe or click on the weblink icon	Pan-fry your salmon and air- fry or bake your veggies. Add salt, olive oil & lime	Chicken, water chestnut, asparagus, spinach leaves, green curry paste, coconut milk	Check out the simple recipe. Tomato soup adding bacon. Lentils or chickpeas	Make your patties, mince etc, add onion, leaf, haloumi, tomato, on sourdough

# PAMPY EATS

## YOUR FOOD DIARY

- Mark your choice.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: e.g. #5	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:

Notes: