

EATING ACADEMY VIP NUTRITION MEMBERSHIP GROUP

MEAL PLAN EXAMPLE

BREAKFASTS

Egg poached in Tomato

Eggs & Tahini Dip

Cinnamon Granola

Plus various sides with each meal

LUNCHES

Ham & Kale Omelette

Feta & Bacon Crumble Pie

Beef, Miso & Mushroom Stew

Plus various sides to accompany each meal

DINNERS

Pho Bo

Sausage Casserole

Harrisa Stuffed Chicken

Turkey Burger

Plus various sides to accompany each meal

INCLUDED IN MEMBERSHIP

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- The science behind Nutrition food guidance & information videos
 - Food Hacks to allow you to enjoy all the foods you love, while still advancing your healthy lifestyle
 - Meal plans with comprehensive shopping lists, so all you need to do is shop, cook & enjoy your best healthy life, easily
 - Cookery hints & tips to go alongside the meal plans
 - Coming soon: Fitness section with easy-to-follow workouts

Meal plans are written to help you reduce sugar cravings, enjoy a huge variety of food, and lose weight. Each week's meals are different and the above is just an example. Where possible, these plans are written to be as cost-effective as possible and almost all ingredients can be bought from a regular supermarket. Any specialist ingredients will be highlighted in advance, with a recommendation for where to purchase.