

BUSY WOMEN'S GUIDE TO SIMPLE NUTRITION



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Mind Body Mentor

FREE E-BOOK
www.dannivee.com

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GET YOUR BODY READY

Welcome to your first steps of creating a life of confidence and vitality!

This ebook is designed for women just like you wanting to create a healthy lifestyle easily and effortlessly. I find that set meal plans can become super overwhelming when you're first starting out, so below is an easy to follow guide to eating well without spending hours planning and creating meals on your weekends.

SO LET'S JUMP STRAIGHT IN AND GET OUR MIND AND BODY READY!

Let's start NOW! Spring clean your pantry and cupboards of all the processed foods that are slowing you down (even if it isn't spring). Making a few small changes consistently will get you to the end result.

Small changes can look like swapping out your yellow tasty cheese for a delicious soft white cheese (goats or feta). Adding a delicious green smoothie filled with leafy greens and vitamin C is a quick and easy way to boost your immune system, fuel your body and create a super healthy lifestyle effortlessly.

DanniVee
Mind Body Mentor

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**Making a few
small changes
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get you to the end
result.**



HERE ARE SOME GREAT
SEASONAL FRUIT AND
VEGETABLES TO GIVE YOU
SOME INSPIRATION.

VEGETABLES

Natures Medicine

Asparagus
Spinach
Beetroot
Brussel Sprouts
Cauliflower
Peas
Silverbeet
Beansprouts
Broccoli
Cabbage



FRUITS

Natures Treats

Banana
Grapefruit
Lemon
Naval Orange

TIP

If fruit and veggies are
more expensive than usual,
its probably because they
aren't in season



WEEKLY MEAL PLAN

Fuel your body

Below is a very basic meal guide to help you kickstart fueling your body with wholefoods that will bring you energy, clarity and keep you full for longer.

Once you have added these meals into your every day life I challenge you to create your own guide that suits you and your lifestyle.

THE DELICIOUS RECIPES IN MY MEAL GUIDE HAVE ALL BEEN INCLUDED BELOW SO THE "THINKING" IS TOTALLY TAKEN OUT OF IT FOR YOU .

MONDAY

Aim for 2-3 Litres of water every day!

Flush out those toxins and start feeling better in less than 7 days!

Feeling peckish between meals?

**Snack on lean protein or vegetable based snacks for a clean carb hit.
Add a herbal tea before bed instead of that bowl of ice-cream to help
you relax and wind down for the night**

BREAKFAST

Danni's
breakfast
smoothie



LUNCH

Big salad
with tuna



DINNER

Danni's clean
lasagne



DAILY TIP - Move away from "victimised" language such as "I buy it for my husband and kids" and then you end up eating all of it! I know, I've been there!! BE the positive role model of a healthy lifestyle so your whole family reaps of the rewards of feeling energised and happy

TUESDAY

Aim for 2-3 Litres of water every day!

Flush out those toxins and start feeling better in less than 7 days!

Feeling peckish between meals?

**Snack on lean protein or vegetable based snacks for a clean carb hit.
Add a herbal tea before bed instead of that bowl of ice-cream to help
you relax and wind down for the night.**

BREAKFAST

One egg,
avocado and
Bürgen toast



LUNCH

Chicken, avo &
salad Búrgen
bread sandwich



DINNER

Big salad with
your choice of
protein



DAILY TIP - REMOVE all the foods in your pantry that you feel guilty after eating/drinking. **Minimise the temptation and focus on fuelling your body with food that brings you joy before, during and after you consume it.**

WEDNESDAY

Aim for 2-3 Litres of water every day!

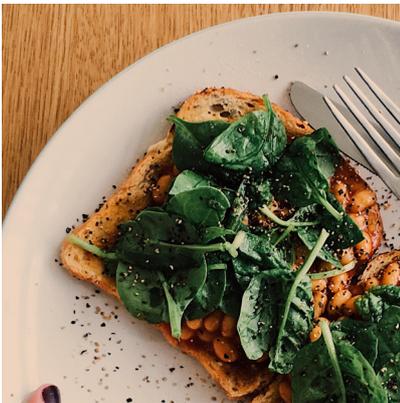
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Feeling peckish between meals?

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you relax and wind down for the night.**

BREAKFAST

Baked beans
and spinach on
Burgen toast



LUNCH

Big salad with
chicken breast



DINNER

Chicken and
vegetable stir-fry



DAILY TIP - If you fail to plan, you plan to fail! Having your meals all pre-prepared limits the opportunity for making lazy or unhealthy choices. This will also help you to maintain correct portions with your meals.

THURSDAY

Aim for 2-3 Litres of water every day!

Flush out those toxins and start feeling better in less than 7 days!

Feeling peckish between meals?

**Snack on lean protein or vegetable based snacks for a clean carb hit.
Add a herbal tea before bed instead of that bowl of ice-cream to help
you relax and wind down for the night.**

BREAKFAST

Omelette
with spinach
and feta



LUNCH

Chicken and
salad wrap on
Mountain bread



DINNER

Salmon steak
with steamed
vegetables



DAILY TIP - Eating smaller meals more often can help keep the hunger away! A small meal can be as simple as four rice cakes with ricotta and tomato on top. Delicious, energising and soooo good for you.

FRIDAY

Aim for 2-3 Litres of water every day!

Flush out those toxins and start feeling better in less than 7 days!

Feeling peckish between meals?

**Snack on lean protein or vegetable based snacks for a clean carb hit.
Add a herbal tea before bed instead of that bowl of ice-cream to help
you relax and wind down for the night.**

BREAKFAST

Danni's
breakfast
smoothie



LUNCH

Big salad
with tuna



DINNER

Chicken tenders
with sweet
potato fries



DAILY TIP - When you are focusing on being healthy and fueling your body with great food it can sometimes be daunting to eat out with friends. Let's make it easy and enjoyable! When looking at a menu look for the meals without creamy sauces, ask for your sauce on the side. When ordering a salad, ask for the dressing on the side. I often eat burgers with my husband but when I order I'm always looking for the least creamy sauces, grilled protein and LOTS OF SALAD

SATURDAY

Aim for 2-3 Litres of water every day!

Flush out those toxins and start feeling better in less than 7 days!

Feeling peckish between meals?

**Snack on lean protein or vegetable based snacks for a clean carb hit.
Add a herbal tea before bed instead of that bowl of ice-cream to help
you relax and wind down for the night.**

BREAKFAST

Omelette
with spinach
and feta



LUNCH

Bean
nachos with
guacamole



DINNER

Treat yourself -
You deserve it!



DAILY TIP - Surrounding yourself with supportive and positive people is essential to creating a life of confidence, vitality and happiness! Sometimes, when on a journey of creating a healthier life means making some changes including where you eat out and even the people you choose to associate with. Find the women that lift you up and celebrate the amazing woman you are.

SUNDAY

Aim for 2-3 Litres of water every day!

Flush out those toxins and start feeling better in less than 7 days!

Feeling peckish between meals?

**Snack on lean protein or vegetable based snacks for a clean carb hit.
Add a herbal tea before bed instead of that bowl of ice-cream to help
you relax and wind down for the night.**

BREAKFAST

2 poached eggs
with bacon



LUNCH

Leftovers
with salad



DINNER

Big salad with
protein of your
choice



DAILY TIP - Shout it out to the world that you are making a positive change to your health! Be empowered by this change within yourself & I can guarantee you will be inspiring others around you too.



DANNI'S BREAKFAST SMOOTHIE

INGREDIENTS

Teaspoon of seed mix
1/2 cup water / almond milk
2 teaspoons chia seeds
1/4 cup Chobani yogurt
1/4 cup frozen berries
1 small banana
1 scoop WPI protein

DIRECTIONS

Place all ingredients in a blender.
Blend until smooth to your
preference. Best served chilled.



OMELETTE WITH SPINACH AND FETA

INGREDIENTS

**3 eggs
2 tablespoons of milk
25g feta cheese
2 handfuls of baby spinach
2 slices of Burgen bread**

DIRECTIONS

Spray pan with oil and place over a medium heat. Whisk eggs and milk until light and fluffy. Add egg mixture to pan. Cook until half set. Place cheese and spinach on one half to fhte edd mixture. When egg is almost set, fold the other half over to enclose. Cook for 30 seconds or until egg is completely set.



BEAN NACHOS WITH GUACAMOLE

INGREDIENTS

**1 onion
1 capsicum
1 punnet cherry tomatoes
1-2 avocados
400g kidney beans
2 slices wholemeal
Mountain bread
2 tablespoons Chobani
yoghurt
1/2 cup of water
Dash of lemon juice**

DIRECTIONS

Dice onion and capsicum. Cook 4-5 minutes stirring often until soft. Add tomatoes and cook until soft and squash with the back of a spoon. Add beans and water, bring to the boil. Reduce heat and simmer for 6-8 minutes until thickened. Season with pepper. Cut mountain bread into small triangles. Bake in oven for 5 minutes until pale golden crisps. Combine avocado and lemon in a small bowl. Divide chips on serving plate and top with bean mix, guac and chobani yoghurt. Add lemon juice.



DANNI'S CLEAN LASAGNE

INGREDIENTS

**1 teaspoon italian herbs
500g turkey mince
Rye/Wholemeal Mountain bread
1 large eggplant (sliced)
Small pot Ricotta cheese
4 zucchini (sliced)
Pinch of parmesan
1 small onion
1 clove garlic
1 can tomatoes**

DIRECTIONS

Add onion and garlic to pan over medium heat until brown. Add mince and cook until browned. Meanwhile preheat oven to 180. Sprinkle zucchini and eggplant with herbs, spracy with oil and set aside. In a large overproof dish, layer eggplant, mince, zuchine, ricotta and mountain bread alternatively until all ingredients are used. Sprinkle with parmesan and bake in the ovn for approximately 20-30minutes, or until zucchini and eggplant are soft.

SNACK IDEAS

Vegetables

Carrot sticks
Celery sticks
Capscicum sticks



Protein

Small tin of tuna
Handful of walnuts
Protein shake
(whey protein isolate)





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I'm here to help



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