



Merrymaker CLUB

MEAL PLAN

08

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

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Disclaimer: This is a collection of our own recipes, ideas and opinions. As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This guide aims to create positivity and all kinds of delish! We encourage you to see a medical professional before starting any new lifestyle change.

Merrymaker
CLUB

MEAL PLAN

08

NOVEMBER 2016

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WHAT'S THE **BEST**
THAT CAN **HAPPEN?**

EMMA AND CARLA PAPAS

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Peanut Butter Granola	Kiwi Berry Smoothie Bowl	Dan's Brekky Bowl	Green Mango Smoothie	Raspberry Ripe Smoothie Bowl
LUNCH	← LEFTOVERS →				
DINNER	Merry Veggie Bowl	Lamb Kofta with Cauli-Salad	Salmon with Mango Avo Salsa	Pork Cutlets with Apple Slaw	Chicken and Asparagus

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Savoury Waffles	Apple Strawberry Quinoa Porridge
LUNCH	← LEFTOVERS →	
DINNER	Vietnamese Lettuce Cups	Thai Chicken Burgers
SWEET TREAT		Custard Fruit Tart

WEEKEND

SHOPPING LIST

QUANTITY FOR 2 PEOPLE
WITH LEFTOVERS FOR LUNCH...
multiply/divide as needed!



FRUITS AND VEGGIES

- 1 kg (2 lbs.) sweet potato
- 500 g (1 lb.) baby spinach
- 100 g (3 ½ oz.) mushrooms
- 100 g rocket
- 7 carrots
- 4 avocados
- 3 onions
- 2 apples
- 2 lemons
- 2 limes
- 2 mangoes
- 2 tomatoes
- 1 banana
- 1 broccoli head
- 1 bunch asparagus
- 1 bunch broccolini
- 1 bunch fresh coriander (cilantro)
- 1 bunch fresh parsley
- 1 cauliflower
- 1 cucumber
- 1 head garlic
- 1 iceberg lettuce
- 1 kiwi fruit
- 1 orange
- 1 punnet strawberries
- 1 punnet cherry tomatoes
- 1 red capsicum (pepper)
- 1 red chilli
- ½ purple cabbage
- 4 cm (2 inch) piece fresh ginger
- Extra fruit for the fruit tart

PANTRY ITEMS

- 2 L (½ gallon) coconut milk (carton)
- 400 ml (13 fl. oz.) coconut milk (can)
- 150 ml (5 fl. oz.) chicken stock or broth
- 200 g (7 oz.) blanched almond meal
- 200 g cassava/arrowroot/tapioca flour
- 150 g (5 oz.) chia seeds
- 100 g (3 ½ oz.) coconut chips
- 100 g coconut flour
- 100 g macadamia nuts
- 100 g pumpkin seeds
- 100 g quinoa
- 100 g raw cacao powder
- 150 g sesame seeds
- Honey
- Rice malt syrup or honey
- Sugar free chocolate
- Peanut butter or any other nut butter
- 100% vanilla extract
- Apple cider vinegar
- Coconut aminos or tamari sauce
- Coconut oil
- Olive oil

MEAT, FISH, POULTRY + EGGS

- 4 x 200 g (7 oz.) salmon fillets
- 4 x 180 g (6 oz.) pork cutlets
- 500 g (1 lb.) beef mince
- 500 g lamb mince
- 500 g chicken mince
- 500 g chicken breast fillets
- 13 eggs
- 2 rashers (slices) of bacon

DRIED SPICES + HERBS

- Cinnamon
- Cumin
- Paprika
- Salt and pepper
- Turmeric

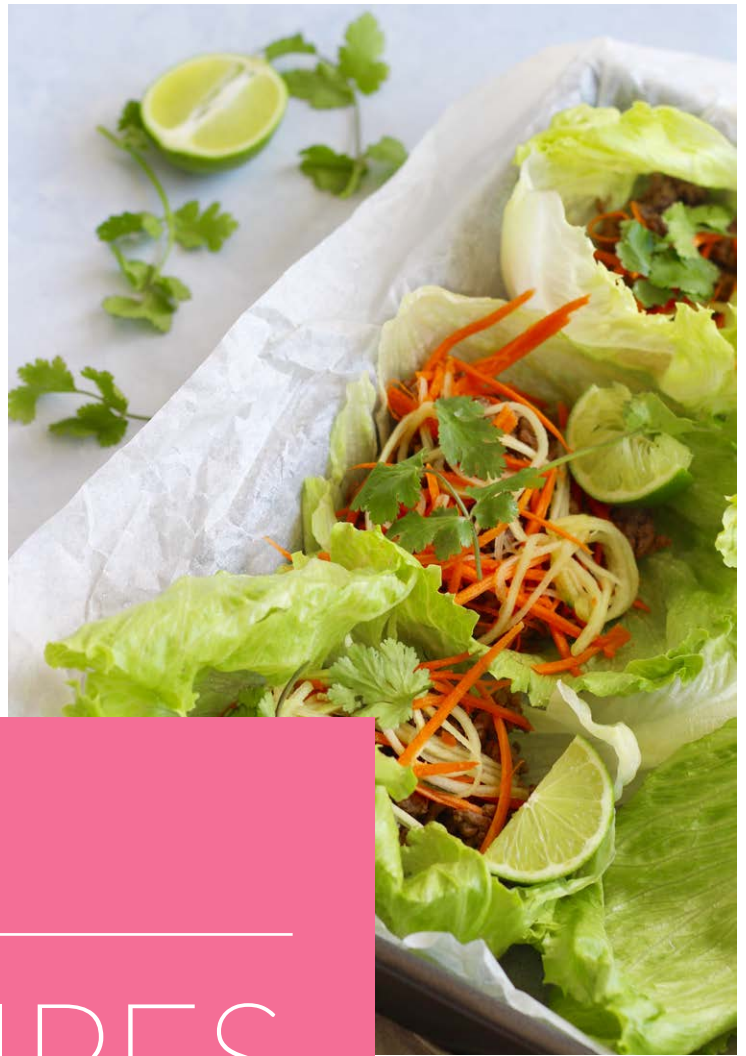
FRIDGE / FREEZER

- 500 g (1 lb.) frozen mixed berries
- 200 g natural or coconut yoghurt
- 100 g cheese (optional)
- 200 g (7 oz.) frozen raspberries
- 100 g butter (3 ½ oz.)

MEAL PREP

How good does it feel to be organised? That's why meal preppin' rocks our Merry socks! It will make you feel excited to eat all the delish good food! Plus, it saves time and keeps you on track. You can prep the weekend prior OR the night before. You choose! Here's our plan of attack...

DAY 1	<ul style="list-style-type: none">○ Make the granola the night before and store in the fridge.☾ Pre bake all your veggies and enjoy cold salad bowls!
DAY 2	<ul style="list-style-type: none">○ Don't forget to freeze your smoothie fruit!☾ Pre make your kofta balls so all you have to do is bake them when it's time for dinner!
DAY 3	<ul style="list-style-type: none">○ Way too easy! But you could chop your broccolini and bacon to be extra amazing!☾ Pre-make your salsa salad in the morning and store in the fridge.
DAY 4	<ul style="list-style-type: none">○ Chop your mango and orange and freeze.☾ Marinate your pork and pre-make your apple slaw in the morning and store both in the fridge.
DAY 5	<ul style="list-style-type: none">○ Way too easy! Yay!☾ Get your casserole ready in the morning so all you have to do is place into the oven! Pre-grate your cauliflower and store in the fridge so all you have to do is fry!
DAY 6	<ul style="list-style-type: none">○ Delish served warm but you could pre-make your waffles and enjoy cold!☾ Super easy but you could prepare all your veggies the morning of!
DAY 7	<ul style="list-style-type: none">○ Make the night before and enjoy a cold porridge!☾ Pre-make the bread rolls and mince, so all you have to do is fry up the patties!
DESSERT	<ul style="list-style-type: none">☾ Store any leftover tart in the fridge covered... or share with friends!



RECIPES



PEANUT BUTTER GRANOLA

Probably the best brekky ever. Where there is peanut butter... there is goodness.

SERVES: 2
PREP TIME: 5 mins
COOK TIME: 15 mins

STUFF YOU NEED

½ cup desiccated coconut
¼ cup peanut butter
¼ cup macadamia nuts
chopped
¼ cup pumpkin seeds
2 tbs. coconut oil
1 tbs. rice malt syrup

SERVE WITH

2 cups coconut milk (carton)
berries

NOW WHAT

Preheat oven to 180°C (350°F) and line a baking tray with baking paper.

In a large bowl place the coconut, macadamia nuts and pumpkin seeds and mix well.

Add the peanut butter, coconut oil and rice malt syrup into the bowl and mix well until combined.

Spoon the granola mix onto the prepared tray and spread into a thin layer.

Place into the oven for 10 minutes, stir and cook for a further 5 minutes or until golden.

Serve with icy cold coconut milk. YUM!



MERRYMAKER TIP...

Top with your favourite berries!



MERRY VEGGIE BOWL

Will we ever get sick of putting stuff in bowls and making it look pretty? Nope.

SERVES: 4
PREP TIME: 20 mins
COOK TIME: 40 mins

STUFF YOU NEED

500 g (1 lb.) sweet potato
peeled and chopped

200 g (7 oz.) baby spinach

3 carrots
peeled and cut into
matchsticks

1 broccoli head
cut into florets

1 avocado sliced

¼ purple cabbage shredded

2 tbs. sesame seeds

coconut oil melted

salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper.

Place the sweet potato and carrots on one of the baking trays, drizzle with a little coconut oil, season with salt and pepper and place into the oven for 20 minutes.

On the other tray place the broccoli and cabbage, drizzle with a little coconut oil and place into the oven once the timer goes off.

Add another 20 minutes to the timer.

To serve, start with a layer of baby spinach in the bowls. Then create segments with all the different veggies, add the avocado and sprinkle with sesame seeds.



MERRYMAKER TIP...

*Add your favourite spices to the veggies.
We love turmeric and paprika!*



KIWI-BERRY SMOOTHIE BOWL

It's all the berries (yum) and it's a smoothie. So we are #winning in every single way!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

In a blender add all the smoothie ingredients and whiz until smooth.

Pour into bowls and top with all the toppings!

STUFF YOU NEED

- 2 cups frozen mixed berries
- 2 cups coconut milk (carton)
- 1 frozen banana
- 1 frozen kiwi fruit
- 1 tsp. 100% vanilla extract

TOPPINGS

- 2 tbs. coconut chips
- 1 tbs. chia seeds
- extra berries



MERRYMAKER TIP...

Make sure you peel, chop and freeze the banana and kiwi the night before!



LAMB KOFTA WITH CAULI-SALAD

Oh we love a good kofta! This is the perfect meal for a Summer BBQ!

SERVES: 4
PREP TIME: 20 mins
COOK TIME: 25 mins

STUFF YOU NEED

500 g (1 lb.) lamb mince
1 onion diced
1 clove garlic crushed
2 cm (1 inch) piece fresh ginger
grated
2 tbs. fresh coriander (cilantro)
chopped
2 tbs. fresh parsley chopped
2 tsp. paprika
1 tsp. cumin
salt and pepper

FOR THE SALAD

½ cauliflower
cut into small florets
200 g (7 oz.) baby spinach
100 g (3 ½ oz.) cherry tomatoes
halved
1 tbs. coconut oil
1 tsp. turmeric
salt and pepper

FOR THE DRESSING

1 lemon juiced
¼ cup natural or coconut
yoghurt
2 tbs. fresh parsley chopped

NOW WHAT

Soak 8 bamboo skewers in water for at least 6 hours (this is so they don't burn when you cook them!). Or you can use metal skewers if you have them.

Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper.

In a large bowl combine the lamb, onion, garlic, ginger, herbs, spices, salt and pepper.

You might need to get your hands dirty!

Separate the meat into 24 equal parts (we used heaped tablespoons) and roll into balls, then thread onto skewers and place onto prepared baking tray.

Bake for 20 minutes or until the meat is cooked through.

While the koftas are cooking, make the salad.

Place the cauliflower florets onto a baking tray, drizzle with oil and sprinkle with turmeric, salt and pepper and place into the oven along with the koftas.

It should be ready at the same time, though if you want softer cauli, it might need a little longer!

Add the spinach and tomatoes into a salad bowl or platter.

To make the dressing simply add everything into a small bowl and stir well.

Once the cauliflower is cooked add it to the salad. Serve with lamb koftas and delish dressing. YUM!

MERRYMAKER TIP...

*You can grill these koftas on a BBQ,
and we all know BBQed food is the goods!*



DAN'S BREKKY BOWL

Inspired by Emma's boyfriend. He doesn't cook and Emma showed him how easy this brekky bowl was and now he makes it for her all the time (ok, he made it once). YAY Dan!

SERVES:	2
PREP TIME:	10 mins
COOK TIME:	10 mins

STUFF YOU NEED

4 eggs whisked
 2 rashers (slices) of bacon
 chopped
 1 bunch broccolini chopped
 ¼ cup grated cheese
 (optional)
 coconut oil

NOW WHAT

In a frypan heat a little coconut oil on high heat. Add the bacon and broccolini and saute till the bacon gets crispy and broccolini gets soft.

Once the bacon and broccolini is almost cooked grab another pan and melt a little coconut oil on medium heat, add the whisked eggs. Stir slowly, the eggs will begin to cook.

Once the eggs are almost fully cooked add the cheese (remember, optional!) and cook to your liking.

Serve eggs next to broccolini and bacon in a bowl. Boom! Season with salt and pepper!

MERRYMAKER TIP...

We know the whole 2 pan thing is pretty annoying (extra washing up blugh!), to solve this issue simply cook the bacon and broccolini, set aside, cook the eggs in the same pan, then add the bacon and broccolini back to the pan.

SALMON WITH MANGO AVO SALSA SALAD

This is Summer on a plate if you ask us! So colourful. So good.

SERVES: 4
PREP TIME: 15 mins
COOK TIME: 15 mins

STUFF YOU NEED

4 x 200 g (7 oz.) salmon fillets
100 g (3 ½ oz.) rocket
1 mango peeled and diced
1 avocado diced
1 red capsicum (pepper) diced
1 lime juiced
1 tbs. olive oil
salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F) and line a baking tray with baking paper.

Season the salmon with a little salt and pepper and place onto the baking tray, bake for about 10 minutes or until cooked to your liking.

To make the salsa simply mix the rocket, mango, avocado, capsicum, lime juice and olive oil in a bowl. Taste test time!

Serve delish salmon with salsa salad. Enjoy!



MERRYMAKER TIP...

If it's a hot day and you don't feel like baking, use wild caught canned salmon or tuna instead! SO easy!



GREEN MANGO SMOOTHIE

Mango is probably the Queen of all fruits! So darn delicious and amazing and summery and oh yeah!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Chuck all the ingredients into your blender and whiz till nice and smooth! YAY! YUM!

STUFF YOU NEED

- 50 g (2 oz.) baby spinach
- 1 mango peeled and cut into chunks
- 1 orange peeled and cut into chunks
- 2 cups coconut milk (carton)
- 1 cup ice
- 2 tbs. chia seeds
- 1 tsp. 100% vanilla extract



MERRYMAKER TIP...

Add your fave supps. We always like to add our powdered gelatin, great for your gut, skin, hair and nails!



PORK CUTLETS WITH APPLE SLAW

Get some pork on your fork! Add an apple slaw and you got the best darn din dins ever!

SERVES: 4
PREP TIME: 15 mins
COOK TIME: 15 mins

STUFF YOU NEED

FOR THE PORK

4 x 180 g (6 oz.) pork cutlets
2 tbs. honey
1 tbs. apple cider vinegar
coconut oil

FOR THE SLAW

2 carrots peeled and grated
1 apple diced
1 lemon juiced
¼ purple cabbage shredded
2 tbs. fresh parsley chopped
1 tbs. olive oil

NOW WHAT

In a container big enough to fit all the pork cutlets, combine the honey and apple cider vinegar.

Add the pork cutlets, stir and coat in the marinade. Cover and place into the fridge for at least 15 minutes.

While the pork marinates make the slaw.

Add the carrots, apple, cabbage and parsley into a large bowl and toss well.

Add the lemon juice and olive oil and toss again. Place into the fridge.

In a large fry pan melt a little coconut oil on medium-high heat.

Add the pork and cook for 3-4 minutes on each side or cook to your liking.

Serve pork cutlets with delish apple slaw!



MERRYMAKER TIP...

Don't like pork? You could simply swap to chicken breast or thigh! Yum!



RASPBERRY RIPE SMOOTHIE BOWL

You wanted smoothies... and you got 'em! This smoothie bowl is all kinds of epic! Nom nom! Share your photos with #GetMerry!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Place all ingredients into your blender and whiz until thick and smooth! YUM!

Make it look pretty with all the toppings!

STUFF YOU NEED

2 cups coconut milk (carton)
2 cups frozen raspberries
¼ cup desiccated coconut
3 tbs. raw cacao powder
1 tsp. 100% vanilla extract

TOPPINGS

1 tbs. desiccated coconut
sugar free chocolate
extra raspberries
peanut butter



MERRYMAKER TIP...

*Swap raspberries to any frozen fruit!
Then it's an any fruit ripe bowl!*



CHICKEN AND ASPARAGUS WITH CAULI-RICE

This is inspired by our Grandma's and then Mum's recipe. We're keeping the tradition alive... just a Merry version! Yay!

SERVES: 4
PREP TIME: 20 mins
COOK TIME: 10 mins

STUFF YOU NEED

FOR THE CHICKEN

500 g (1 lb.) chicken breast fillets cut into chunks
100 g (3 1/2 oz.) mushrooms sliced
1 bunch asparagus chopped
1/2 cup coconut milk (canned)
1/2 cup chicken stock or broth
2 tbs. fresh parsley chopped
1 tsp. paprika
salt and pepper

FOR THE CAULI-RICE

1 onion diced
1/2 cauliflower grated
coconut oil

NOW WHAT

Preheat oven to 180°C (350°F).

Place chicken, mushrooms and asparagus in a shallow baking dish and season with a little salt and pepper.

In a small bowl or jug mix the coconut milk and stock and pour over the chicken and veggies. Stir a little to coat everything.

Sprinkle with paprika, place into the oven and cook for 30 minutes or until cooked.

Meanwhile you can get onto the cauli-rice!

In another fry pan heat a little coconut oil, saute the onion until just soft, add the grated cauliflower and saute for a couple minutes.

Once the chicken is cooked, sprinkle with fresh parsley. Serve and enjoy the delishness!



MERRYMAKER TIP...

*Want extra delish factor and eat cheese?
Add grated cheese just before you sprinkle
the chicken dish with paprika. Ahhhhazing!*



SAVOURY WAFFLES

Holey moley. There's this meatball place where we live and they serve savoury waffles, they are so darn good, we had to Merrymaker them up!

SERVES: 2
 PREP TIME: 10 mins
 COOK TIME: 15 mins

STUFF YOU NEED

400 g (14 oz.) sweet potato,
 peeled and grated
 (about 1 ½ cups)

2 eggs

2 tbs. coconut flour

1 avocado chopped

1 tomato diced

1 tbs. olive oil

coconut oil

salt and pepper

NOW WHAT

Turn the waffle maker on and allow to preheat.

Squeeze out all the excess liquid from the grated sweet potato, use a tea towel to make it easier.

In a large bowl, combine the grated sweet potato, eggs, coconut flour and a pinch of salt.

Spoon sweet potato mix onto the waffle maker.

Close the lid and cook for 6-8 minutes, or until the waffle begins to turn golden.

Remove waffle, cover with foil to keep warm and repeat with remaining batter.

The amount it will make depends on the size of your waffle maker!

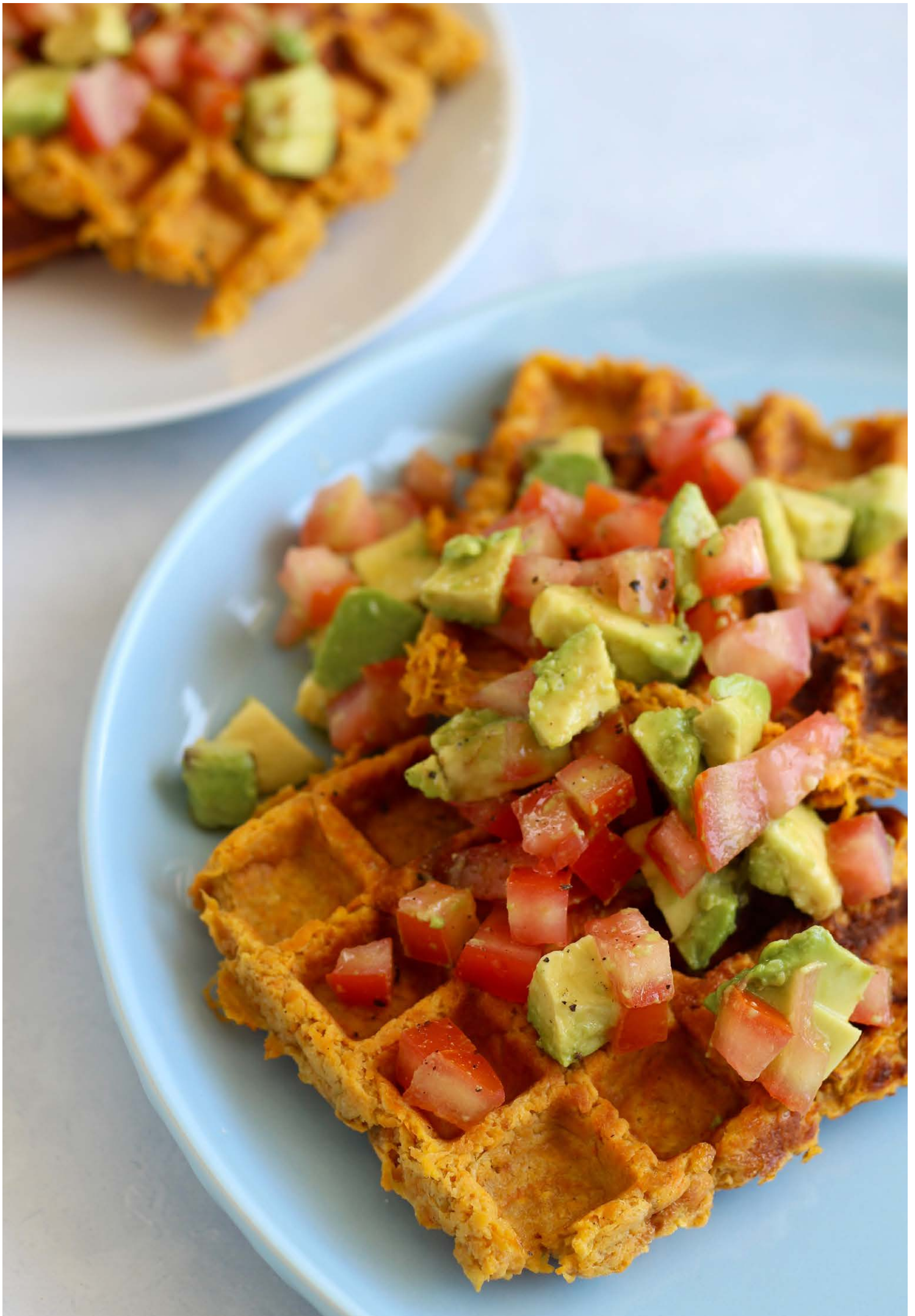
Meanwhile, in a small bowl combine the tomato, avocado and olive oil.

Serve avocado and tomato mix on top of delicious waffles.

Season with salt and pepper.

MERRYMAKER TIP...

Don't want to invest in another cooking appliance? Easy. Make fritters! Just roll the mix into balls, flatten and fry in a medium-high pan for a couple minutes on each side (or until cooked!).



VIETNAMESE LETTUCE CUPS

Everything in lettuce cups is fun and yum! Yay!

SERVES: 4
 PREP TIME: 15 mins
 COOK TIME: 10 mins

STUFF YOU NEED

- 500 g (1 lb.) beef mince
- 2 carrots peeled and grated or julienned
- 1 garlic clove crushed
- 1 onion diced
- 1 cucumber peeled lengthways or julienned
- 1 lime cut into quarters
- ½ iceberg lettuce (keep leaves whole)
- 3 tbs. fresh coriander chopped
- 2 tbs. coconut aminos
- 1 tbs. honey
- coconut oil

NOW WHAT

Make sure all your veggies are prepared and get your lettuce cups washed and ready.

Leave these for now and cook up the beef.

In a bowl combine beef, garlic, coconut aminos and honey.

In a large frypan melt a little coconut oil on high heat, add the onion and garlic and saute until soft.

Add the beef and fry for about 4 minutes.

To serve, start with lettuce cups, fill about half the cup with beef then top with carrot, cucumber, squeeze with fresh lime and add the coriander for the final touch!



MERRYMAKER TIP...

Sick of cooking mince? Swap to beef strips!



APPLE STRAWBERRY QUINOA PORRIDGE

One of our MerryMaker Clubbers always shares her overnight oat pictures so we thought it's about time we made a recipe. Checkout the tip for a chia pud alternative!

SERVES: 2
PREP TIME: 5 mins
COOK TIME: 3 hrs

STUFF YOU NEED

6 strawberries sliced
1 apple grated
1 cup coconut milk (carton)
½ cup quinoa
1 tsp. cinnamon

SERVE WITH

2 tbs. natural or coconut
yoghurt
extra milk

NOW WHAT

Rinse the quinoa under cold running water until water runs clear.

Add the milk to a saucepan, bring to the boil then add the quinoa and cinnamon. Cover and lower the heat to simmer for 15 minutes or until the milk is absorbed.

Once cooked, stir through the strawberries and apple.

Serve warm with milk and yoghurt or chill in the fridge then enjoy.



MERRYMAKER TIP...

*The perfect recipe to make the night before.
Cook it then whack in the fridge... you'll
probably have brekky dreams!*



THAI CHICKEN BURGERS

Burgers have got to be our all time fave dinner meal. Tied with Mexican. Yum!

SERVES: 4
 PREP TIME: 15 mins
 COOK TIME: 10 mins

STUFF YOU NEED

500 g (1 lb.) chicken mince
 1 clove garlic crushed
 1 red chilli diced
 2 cm (1 inch) fresh piece ginger grated
 2 tbs. fresh coriander (cilantro) chopped
 1 tbs. coconut aminos or tamari sauce
 coconut oil

FOR THE BUNS

1 cup cassava/arrowroot/tapioca flour
 ½ cup of chia seeds
 ½ cup sesame seeds
 ½ cup of olive oil
 ¼ cup warm water
 1 egg whisked
 salt and pepper

SERVE WITH

1 avocado mashed
 1 tomato sliced
 ½ iceberg lettuce shredded

NOW WHAT

Start with bread rolls.

Preheat oven to 180°C (350°F) and line a baking tray with baking paper.

Combine the cassava flour and chia seeds in a bowl.

Gradually add the water and oil, stirring, until a sticky paste forms.

Add the whisked egg and continue to stir.

Add the sesame seeds and salt and pepper.

With wet hands, roll handfuls of mixture. It should make around 6 small rolls.

Place the rolls onto the tray.

Sprinkle each roll with some extra sesame seeds and a little more salt.

Place into the oven and bake for 40 minutes or until golden brown.

While the rolls cook get onto the chicken burgers. YAY!

Place all the ingredients into a bowl and mix well.

Then split into 8 equal parts, roll into balls and flatten into patties.

In a large fry pan melt a little coconut oil on medium-high heat.

Add the chicken burgers and cook for about 5 minutes, flip and cook for a further 5 minutes, or until cooked through.

Once cooked, place on a plate and cover with foil.

The bread rolls should be pretty much ready.

Take out of the oven, wait a couple minutes before cutting in half.

Top the bottom of the bun with avocado, lettuce, tomato, then the chicken burger pattie and finish with the top bun!

MERRYMAKER TIP...

*Can't be bothered with the buns?
 Make burger bowls and add extra veggies.*



CUSTARD FRUIT TART

Who doesn't love a custard tart?! Get in belly action! You don't have to top with fruit, you could top with chocolate, caramel, coconut cream, whatever your heart desires!

SERVES: 8
 PREP TIME: 20 mins
 COOK TIME: 40 mins

STUFF YOU NEED

FOR THE CRUST

2 cups blanched almond meal
 1 cup cassava flour
 (or tapioca/arrowroot flour)
 ¼ cup butter melted
 2 eggs
 2 tbs. rice malt syrup or honey
 pinch of salt

FOR THE FILLING

4 eggs
 1 cup coconut milk (canned)
 2 tbs. rice malt syrup or honey
 2 tsp. 100% vanilla extract

FOR THE TOPPING

All the fruit sliced pretty

NOW WHAT

Preheat oven to 180°C (350°F) and grease a 27 cm (10.5 inch) tart tin/dish.

Start with the crust. Whisk the eggs, butter and sweetener together.

Add the almond meal, cassava flour and salt.

Mix together until a dough forms, you might need to get your hands dirty!

Roll out the dough between 2 sheets of baking paper to about 1/2 cm (1/4 inch) thick.

Lift the top piece of baking paper off and carefully flip the crust over the tart tin. Pull the other layer of baking paper off.

Press the crust into the tart tin, using excess crust to fill the edges. We always make the join where the side meets the base a little thicker, as this will make the sides stronger.

Poke the base with a fork, this just makes sure it doesn't bubble up in the oven.

Place into the oven for 15 minutes. Once done, take out of the oven and turn down heat to 160°C (320°F).

Meanwhile, let's make the filling!

Whisk all the ingredients together until combined.

Carefully pour the custard into the crust.

Place back into the oven for 30 minutes or until set.

Allow to cool before topping with fresh sliced fruit. Slice, serve and enjoy!



MERRYMAKER TIP...

*You can totally make mini custard tarts!
 That would be totally adorable!*





WHEN YOU'RE CURIOUS,
YOU FIND LOTS OF
INTERESTING THINGS TO DO

WALT DISNEY