MEAL PLANS

Maike Hoeckh Nutrition BHSc (Nut. Med), BSc (Hon)

Available Meal Plans:

- 40-30-30 Weight Loss Diet Plan
- Anti-inflammatory Program
- Arthritis Program
- Autoimmune Ketogenic Diet Plan
- Autoimmune Paleo Diet Plan
- Bone Health Support Program
- Brain Health Support Program
- Follicular Phase Hormone Diet
- Luteal Phase Hormone Diet
- Heart Health Program
- High Calorie, High Protein Program (Bulking)
- High Energy Diet
- Immune Support Program
- Immunity Booster Program
- Ketogenic Diet
- Low Carb Paleo Diet
- Low Glycemic Diet (Diabetes and Anti-Cravings)
- Mediterranean Diet (also in plant-based)
- Menopause Support Program (also in plantbased)
- PCOS Diet
- Plant-based high protein Diet
- Low FODMAP Diet (also in plant-based)
- Specific Carbohydrate Diet (Plant-based)
- Stress and anxiety support (Also in Plantbased)
- Skin health program (For Acne and psoriasis)
- Student Athlete Program
- Summer Shape Program
- Thyroid Health Program (Thyroid issues)
- Women's Hormone Balancing Diet









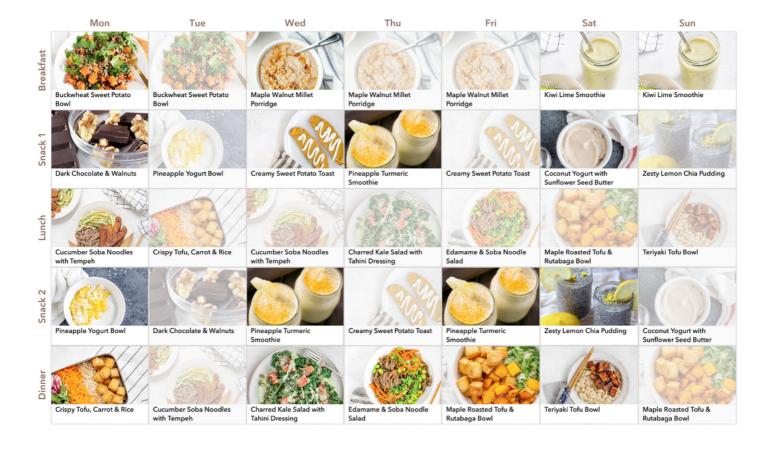


Low Carb Paleo Die

What's included?

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1. Full Week Overview:



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2. Shopping List:

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Fruits	Vegetables	Bread, Fish, Meat & Cheese
2 Apple	11 grams Basil Leaves	567 grams Extra Lean Ground Beef
1 1/2 Avocado	1/2 head Cauliflower	123 grams Hummus
2 Banana	10 stalks Celery	227 grams Pork Sausage
321 grams Blueberries	149 grams Cherry Tomatoes	198 grams Tofu
3 Grapefruit	2 grams Cilantro	4 slices Whole Grain Bread
2 Lemon	1 Cucumber	
1/2 Lime	8 Garlic	Condiments & Oils
7 milliliters Lime Juice	3 grams Ginger	74 milliliters Apple Cider Vinegar
1 1/2 Mango	3 1/2 stalks Green Onion	30 milliliters Coconut Aminos
864 grams Strawberries	126 grams Kale Leaves	4 milliliters Coconut Oil
	127 grams Matchstick Carrots	44 milliliters Extra Virgin Olive Oil
Breakfast	1/2 Orange Bell Pepper	41 grams Mayonnaise
185 grams All Natural Peanut Butter	15 grams Parsley	75 grams Tahini
109 grams Almond Butter	267 grams Purple Cabbage	245 grams Tomato Sauce
90 grams Maple Syrup	6 1/2 Red Bell Pepper	
	60 grams Red Onion	Cold
Seeds, Nuts & Spices	1/4 head Romaine Hearts	8 Egg
18 grams Chia Seeds	1 Sweet Potato	1.1 liters Unsweetened Almond Milk
3 grams Chili Powder	8 White Button Mushrooms	
2 grams Cumin	2 1/2 Yellow Bell Pepper	Other
2 grams Garlic Powder	1 Yellow Onion	49 grams Vanilla Protein Powder
13 grams Ground Flax Seed	4 Zucchini	168 milliliters Water
4 grams Italian Seasoning		
500 milligrams Oregano	Boxed & Canned	
2 grams Paprika	86 grams Black Beans	
450 milligrams Red Pepper Flakes	93 grams Brown Rice	
14 grams Sea Salt	533 grams Chickpeas	
108 grams Walnuts	424 grams Crushed Tomatoes	
	121 grams Diced Tomatoes	
	71 grams Quinoa	
	130 grams Salsa	
	425 grams Sardines	
	446 milliliters Vegetable Broth	
	Baking	
	8 grams Nutritional Yeast	
	122 grams Oats	

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3. Recipes:

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Cauliflower Rice Breakfast Hash

3 servings 25 minutes

Ingredients

6 slices Bacon

1 1/2 Yellow Onion (chopped, small)

1 1/2 Yellow Bell Pepper (chopped) 383 grams Cauliflower Rice

6 Egg

Sea Salt & Black Pepper (to taste) 5 grams Chives (optional, chopped)

Directions

In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.

Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.

Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

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Leftovers: Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor: Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings: Serve with avocado.

No Chives: Use another fresh herb such as parsley.