

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 plant-based)
- 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 Plant-based)
- Skin health program (For Acne and psoriasis)
- Student Athlete Program
- Summer Shape Program
- Thyroid Health Program (Thyroid issues)
- Women's Hormone Balancing Diet



Plant-Based Low FODMAP Diet
Maike Hoeckh Nutrition - BHSc Nutritional Medicine
Maike Hoeckh
<http://mhnutrition.com.au>



Immune Support Program
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Summer Shape Up Program
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Low Carb Paleo Diet
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What's included?

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1. Full Week Overview:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Buckwheat Sweet Potato Bowl	 Buckwheat Sweet Potato Bowl	 Maple Walnut Millet Porridge	 Maple Walnut Millet Porridge	 Maple Walnut Millet Porridge	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie
Snack 1	 Dark Chocolate & Walnuts	 Pineapple Yogurt Bowl	 Creamy Sweet Potato Toast	 Pineapple Turmeric Smoothie	 Creamy Sweet Potato Toast	 Coconut Yogurt with Sunflower Seed Butter	 Zesty Lemon Chia Pudding
Lunch	 Cucumber Soba Noodles with Tempeh	 Crispy Tofu, Carrot & Rice	 Cucumber Soba Noodles with Tempeh	 Charred Kale Salad with Tahini Dressing	 Edamame & Soba Noodle Salad	 Maple Roasted Tofu & Rutabaga Bowl	 Teriyaki Tofu Bowl
Snack 2	 Pineapple Yogurt Bowl	 Dark Chocolate & Walnuts	 Pineapple Turmeric Smoothie	 Creamy Sweet Potato Toast	 Pineapple Turmeric Smoothie	 Zesty Lemon Chia Pudding	 Coconut Yogurt with Sunflower Seed Butter
Dinner	 Crispy Tofu, Carrot & Rice	 Cucumber Soba Noodles with Tempeh	 Charred Kale Salad with Tahini Dressing	 Edamame & Soba Noodle Salad	 Maple Roasted Tofu & Rutabaga Bowl	 Teriyaki Tofu Bowl	 Maple Roasted Tofu & Rutabaga Bowl

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2. Shopping List:

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<http://mhnutrition.com.au>

Fruits

- ☐ 2 Apple
- ☐ 1 1/2 Avocado
- ☐ 2 Banana
- ☐ 321 grams Blueberries
- ☐ 3 Grapefruit
- ☐ 2 Lemon
- ☐ 1/2 Lime
- ☐ 7 milliliters Lime Juice
- ☐ 1 1/2 Mango
- ☐ 864 grams Strawberries

Breakfast

- ☐ 185 grams All Natural Peanut Butter
- ☐ 109 grams Almond Butter
- ☐ 90 grams Maple Syrup

Seeds, Nuts & Spices

- ☐ 18 grams Chia Seeds
- ☐ 3 grams Chili Powder
- ☐ 2 grams Cumin
- ☐ 2 grams Garlic Powder
- ☐ 13 grams Ground Flax Seed
- ☐ 4 grams Italian Seasoning
- ☐ 500 milligrams Oregano
- ☐ 2 grams Paprika
- ☐ 450 milligrams Red Pepper Flakes
- ☐ 14 grams Sea Salt
- ☐ 108 grams Walnuts

Vegetables

- ☐ 11 grams Basil Leaves
- ☐ 1/2 head Cauliflower
- ☐ 10 stalks Celery
- ☐ 149 grams Cherry Tomatoes
- ☐ 2 grams Cilantro
- ☐ 1 Cucumber
- ☐ 8 Garlic
- ☐ 3 grams Ginger
- ☐ 3 1/2 stalks Green Onion
- ☐ 126 grams Kale Leaves
- ☐ 127 grams Matchstick Carrots
- ☐ 1/2 Orange Bell Pepper
- ☐ 15 grams Parsley
- ☐ 267 grams Purple Cabbage
- ☐ 6 1/2 Red Bell Pepper
- ☐ 60 grams Red Onion
- ☐ 1/4 head Romaine Hearts
- ☐ 1 Sweet Potato
- ☐ 8 White Button Mushrooms
- ☐ 2 1/2 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 86 grams Black Beans
- ☐ 93 grams Brown Rice
- ☐ 533 grams Chickpeas
- ☐ 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

Bread, Fish, Meat & Cheese

- ☐ 567 grams Extra Lean Ground Beef
- ☐ 123 grams Hummus
- ☐ 227 grams Pork Sausage
- ☐ 198 grams Tofu
- ☐ 4 slices Whole Grain Bread

Condiments & Oils

- ☐ 74 milliliters Apple Cider Vinegar
- ☐ 30 milliliters Coconut Aminos
- ☐ 4 milliliters Coconut Oil
- ☐ 44 milliliters Extra Virgin Olive Oil
- ☐ 41 grams Mayonnaise
- ☐ 75 grams Tahini
- ☐ 245 grams Tomato Sauce

Cold

- ☐ 8 Egg
- ☐ 1.1 liters Unsweetened Almond Milk

Other

- ☐ 49 grams Vanilla Protein Powder
- ☐ 168 milliliters Water

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3. Recipes:

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<http://mhnutrition.com.au>



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

- 1 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.
- 2 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.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

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.