

# ENERGISED PERSONAL - TRAINING

## Our Favourite healthy meal/snack ideas

### Breakfast:

Chocolate or [Jaffa Clusters](#) with yoghurt, cream or coconut/almond milk

Chia puddings

Scrambled eggs or Omelette with veges and ham/bacon

Smoothie

### Lunch/Dinner/Meals (use leftovers for lunch the next day):

Frittatas/Scrambled eggs/Omelette with veges and/or meat

Baked potato/baked sweet potato

Broccoli salad

Stir-frys

Salad with protein: tuna/salmon/chicken

Homemade mince pie with cauliflower or kumara mash

Taco Salad

Smoothie with [Arbonne protein powder](#)

[Cauliflower fried rice](#)

### Snacks:

Hard boiled eggs

Homemade seed crackers with cheese/pesto

Fruit or vege sticks

Unsweetened Dewinkle Yoghurt with berries

Peanut butter cups/Peanut or other nut butter

Nuts/Seeds

Cheese

Dark chocolate (Lindt 70% or higher) 2 pieces per day.

Substitute for too much coffee, perk your day up with caffeine free [Arbonne fizz sticks](#) available in a range of amazing flavours