

# HEAD TO HEART HEALTH

10-day reset  
meal plan and recipe guide



Simple, nourishing meals to help  
you reduce decision fatigue, feel  
more energised and make healthy  
eating feel simple again



Healthy eating doesn't  
have to be complicated

# Disclaimer

This guide is intended for educational purposes only and is designed to support your health and wellbeing through practical nutrition and lifestyle suggestions.

The information provided is not intended to diagnose, treat, cure or prevent any medical condition and should not replace advice from your doctor or other qualified healthcare professional. If you have any concerns about your health, are pregnant or breastfeeding, or have a medical condition, please seek personalised medical advice before making significant changes to your diet or lifestyle.

Every person's body is different, so your experience and results may vary. This meal plan is intended as a flexible guide, not a strict set of rules. Please listen to your body, make adjustments where needed, and choose the approach that best supports your individual needs.

As a complementary health practitioner, I work alongside—not instead of—medical and allied health professionals. My role is to help you better understand your habits, support your wellbeing and create sustainable lifestyle changes.

Lucy Butler  
Health and Wellness Coach

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Take your time. This guide isn't about doing everything perfectly—it's about creating simple habits that help you feel your best.

# WELCOME TO YOUR 10-DAY RESET

This isn't another diet.

It's an opportunity to slow down, simplify your meals and become more aware of how different foods make you feel.

Over the next ten days you'll nourish your body with simple, whole foods, reduce the mental load of deciding what to eat, and begin creating healthy habits that feel realistic and sustainable.

There is no expectation that you follow this meal plan perfectly.

There is no such thing as a perfect 10 days. In fact, I'd rather you approached it with curiosity than perfection.

Notice how you feel after each meal.

Notice when you have more energy.

Notice when you're reaching for food because you're hungry, and when you're eating because you're stressed, tired, bored or overwhelmed.

Awareness is where lasting change begins.

Over the next ten days, I invite you to pay just as much attention to your thoughts and habits as you do to the meals themselves. The food is only part of the story.

# HOW TO USE THIS MEAL PLAN

This meal plan is designed to make healthy eating feel easier, not harder.

If there's a meal you don't enjoy, swap it for another from the same category. If life gets busy and you don't follow the plan exactly, simply start again with your next meal.

Healthy eating isn't about getting everything right.

It's about making choices that support your body more often than they don't.

Alongside the meal plan, I'd encourage you to:

- Drink plenty of water.
- Move your body in ways that feel good.
- Prioritise sleep where you can.
- Pay attention to how your body responds to different foods.

Your body is always communicating with you. This is your chance to slow down and listen.

## A few things to remember

- ✓ Progress is more important than perfection.
- ✓ Healthy eating should reduce stress, not create it.
- ✓ Small, consistent choices create lasting change.
- ✓ Be kind to yourself while you're learning.

# 10-DAY MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5
breakfast	chia bowl	nut butter cookie and strawberries	choc smoothie	smoked salmon and eggs	veggie omelette
lunch	avo tuna boats	BLT bowl	egg salad lettuce wraps	green smoothie	egg lettuce wraps
snack	snack mushrooms	avo/egg boats	celery and guacamole	coconut chia bursts	nut butter cookie
dinner	stuffed capsicum	chicken salad	taco in lettuce wraps	chicken and broccoli stir fry	chicken curry

# 10-DAY MEAL PLAN

	Day 6	Day 7	Day 8	Day 9	DAy 10
breakfast	green smoothie	chia bowl	veg omelette	choc smoothie	smoked salmon and eggs
lunch	BLT bowl	Chicken and Broccoli	turkey and cashew	egg lettuce wraps	Greek salad
snack	jelly bites	nut butter cookie	celery and guacamole	nut butter cookie	boiled eggs
tea	Stuffed Mushrooms	Taco in lettuce wraps	Chicken Curry	Turkey Burger	Chicken Broccoli

## Chia Bowl

1/4 cup chia seeds  
1/2 cup coconut milk  
1 tsp vanilla extract  
1/4 cup strawberries  
1 tbs coconut flakes

Place chia seeds, milk and vanilla in a bowl and stir until it thickens, top with strawberries and coconut and enjoy.

## nut butter cookies

1 cup nut butter (almond or peanut)  
1 egg beaten  
1 tsp vanilla extract  
1/2 tsp baking soda  
3 tbs coconut flour  
1 serve vanilla protein powder  
1 tbs honey or maple syrup  
3 tbs cacao powder (optional)

Mix all ingredients together and place in spoonfuls on a lined baking tray. Bake in 170\* oven for 8 minutes. Allow to cool.

(1 cookie is one serve)

## choc cashew smoothie

1 tbs cashew nuts  
1 tbs coconut flakes  
1 tbs chia seeds  
1 tbs cacao powder  
1 cup coconut milk  
1 tbs coconut oil  
1/2 cup baby spinach  
1 serve protein powder (optional)

Place all ingredients in a blender and blend until smooth. Drink up!  
If you like it cold add 1/2 cup of ice before you blend.

## salmon and eggs

1-2 eggs  
1/4 avocado  
25g smoked salmon  
1/2 cup rocket  
1/2 tbs chives, chopped  
1 tsp ghee or olive oil

Beat eggs with 1 tbs of water. Heat ghee or oil in fry pan and scramble the eggs. top with the rest of the ingredients and enjoy.

## veggie omelette

1/2 cup mixed  
shredded vegetables  
(spinach, zucchini,  
cabbage, kale, broccoli,  
capsicum)  
2 eggs  
1/4 avocado  
1 tsp sauerkraut

beat eggs in a bowl with 1 tbs of water and mix in vegetables. Heat 1 tbs ghee or olive oil in pan and cook to make omelette. Top with avo and sauerkraut.

## Avocado/tuna boats

1/2 avocado  
1 small tin tuna (in brine)  
1 tsp chopped parsley  
1 tsp lime juice  
1 tbs mayo  
4-5 cherry tomatoes  
1 tsp chopped chives  
2 large lettuce leaves

Mix avocado, tuna, parsley, lime juice, mayo, chives in a bowl. Add half mixture to each lettuce leaf with tomato. Wrap and enjoy!

## BLT Bowl

1 cup baby spinach/lettuce  
1/4 cup cherry tomatoes  
1/4 avocado  
1/4 cup cucumber  
1 tbs coriander  
1 tbs pumpkin seeds  
125 g bacon or mince

Cook bacon or mince, I usually use turkey mince. Chop all other ingredients and add all to bowl. Mix dressing ingredients and toss through salad. Enjoy!

Dressing: 1 tbs olive oil, 1 tsp apple cider vinegar, 1 tsp lemon juice, salt and pepper to taste.

## Egg lettuce wraps

2 hard boiled eggs  
1 tbs mayo  
1 tsp chives chopped  
1/2 tsp paprika  
4 cherry tomatoes  
2 large lettuce leaves  
1/4 avocado  
2 tbs sprouts (optional)

Chop eggs and combine with mayo, chives, paprika and s&p. Slice tomato and avo and add half to each lettuce leaf. Wrap and enjoy.

## Green Smoothie

1/4 avocado  
1/2 cup coconut milk/water  
1 tbs mint leaves, torn  
1/2 celery stick  
1/2 cucumber  
1 tsp coconut oil  
1 tsp lime juice  
1/2 cup frozen pineapple  
1/2 cup baby spinach

Place all ingredients in the blender and blend until smooth. You may need to add more liquid or ice depending on the consistency you prefer.

## Turkey and Cashew

125 g turkey mince  
1/4 chopped onion  
1 garlic clove minced  
1 cup broccoli  
1 cup baby spinach  
1/4 cup cashews  
1 tbs ghee or olive oil

Heat ghee or oil in a pan and add onion, cook til soft, add garlic and turkey and cook through. Add broccoli and cashews and cook for 2-3 minutes, stir through spinach until wilted and serve.

## Greek Salad

1 cup baby spinach or lettuce  
1/3 cucumber sliced  
1/4 red onion sliced  
1/4 cup pitted kalamata olives  
4 cherry tomatoes  
add 100 g of cooked chicken or tuna

slice or cut ingredients and add to bowl with dressing.

dressing: 1 tbs olive oil, 1 tsp oregano, 1 tbs lemon juice, s&p to taste

## snack mushrooms

1/2 cup button mushrooms cut into quarters (also works with broccoli florets)  
1 tsp ghee or coconut oil  
salt and pepper to taste  
1 tbs pumpkin seeds

steam mushrooms or broccoli until just tender, toss in a bowl with ghee or coconut oil and add salt and pepper to taste. Top with pumpkin seeds for some crunch

add any other herbs or spices to taste.

## Avocado egg boats

1-2 hard-boiled eggs  
1 tbs lime juice  
1/4 avocado mashed  
1/4 tsp each of chili powder, cumin and paprika  
s& pepper to taste  
1 tbs coriander

have eggs prepared ahead of time, remove shell and slice in half, scoop out yolk and mash with avocado, spices and coriander. Fill egg whites with mixture and add s&p to taste.

## celery and guacamole

2 stalks of celery  
1/2 avocado  
1 tbs lime juice  
1/4 red onion  
1 tbs coriander  
salt and pepper

Make the guacamole by mashing avocado and then mixing in lime juice, onion and coriander. Either fill the celery or use it to scoop the guacamole. salt and pepper to taste.

## Jelly bites

200 ml of coconut milk  
300 ml water  
2 tbs cacao powder  
1 tbs honey or sweetener  
2 tbs grass-fed gelatin

makes 6 snacks

Add 150 ml of water to the gelatin in a bowl to bloom. Heat the milk and rest of the water in a small saucepan, mix in the honey and cacao until dissolved. Stir in gelatin until dissolved. Pour into a container and refrigerate for 2-3 hours, cut into squares.

you can also make this with 400 ml of fresh juice (omit milk, extra water, cacao and honey)

## coconut chia bursts

3/4 cup coconut oil, melted	mix all ingredients
1/3 cup chia seeds	together in a bowl and
1 tsp vanilla extract	spoon evenly into a 6
1 tbs honey or maple syrup	muffin tray. Place in freezer
1/4 cup coconut flakes	for 1-2 hours and remove
1/4 cup almonds	from tray. keep in sealed
2 tbs cacao powder	container in freezer until
muffin tin	needed.

makes 6 snacks

## Stuffed Capsicum

125 g mince (pork, turkey, chicken)	heat oven to 180, place capsicum inside down on tray and bake for 15 minutes. heat oil in pan and cook onion and garlic, add mince and cook through, add vegetables and basil and cook, spoon mixture into capsicum and bake for another 10 minutes.
1 cup of mixed veg - broccoli, spinach, tomato	
1 clove garlic minced	
1/4 red onion chopped	
1-2 tbs olive oil	
1 tsp dried basil	
1/2 red capsicum (cut down the middle lengthways)	

## Chicken Salad

125 g chicken breast	cook chicken in 1 tsp olive oil, ghee, or coconut oil, bake vegetables in 180 oven until cooked, add to bowl with chicken, spinach and walnuts and toss with dressing.
1/4 sweet potato	
1/4 red capsicum	
1/4 red onion	
1/4 cup mushrooms	
1 cup baby spinach	
1 tbs walnuts	

dressing: 1 tbs olive oil, 1 tbs fresh thyme, 1 tbs lemon juice, s&p to taste

## Taco in lettuce wraps

125 g mince  
1/4 onion  
1/4 avocado diced  
1/2 tomato chopped  
2 tbs coriander  
2 tbs diced capsicum  
2 tbs diced cucumber  
2 large lettuce leaves  
2 tbs taco spice mix (see below)

Heat oil in fry pan, add onion and cook, add spice mix cook until fragrant, add mince to cook through. Construct your tacos using the lettuce leaf as the shell and half of each ingredient into each leaf. wrap and enjoy.

## Chicken and Broccoli

1 cup broccoli florets  
1/2 onion  
1 clove garlic, minced  
1 tbs coconut oil or ghee  
1/4 cup mushrooms chopped  
125 - 250 g chicken breast diced  
1 cup cauliflower rice

Heat 1 tbs ghee or oil in fry pan and cook onion until browning, add garlic and chicken and cook through. Add broccoli and mushrooms and cook through. serve with cauliflower rice. Enjoy!

## Chicken Curry

250 g chicken breast, sliced  
1/4 onion  
1/2 tsp minced ginger  
1 clove garlic, minced  
1/2 can coconut milk  
1/2 zucchini, sliced  
1 tsp curry powder  
1/2 tsp cumin  
1/4 cup cherry tomatoes, chopped  
1/4 cup green beans, sliced

In a pan heat 1 tbs oil or ghee add onion, garlic, ginger, cook for 2 minutes. Add chicken and stir until cooked, add zucchini, saute' until slightly browned and add milk, stir well. Simmer for 15 minutes, add tomatoes and beans and simmer for another 5. Serve with cauli rice.

## Stuffed Mushrooms

2 large portabello or field mushrooms

125 g mince (pork, turkey, chicken)

1 cup of mixed veg - kale, capsicum, zucchini

1 clove garlic minced

1/4 red onion chopped

1-2 tbs olive oil

heat oven to 180, place mushrooms gill side down (stalks removed) on tray and bake for 10 minutes. heat oil in pan and cook onion and garlic, add mince and cook through, add vegetables and chopped mushroom stalks, spoon mixture into mushrooms and bake for another 10 minutes.

## Turkey Burger with vegetables

250 g turkey mince

1 egg

1 tsp garlic powder

1/4 tsp salt

1/2 tsp pepper

1 tbs chives, chopped

1 tbs ghee or olive oil

combine all ingredients in a bowl and shape into two burger patties, heat ghee or oil in a pan and cook patties, serve with roast vegetables or salad.

## Simple Salad

1/2 tomato or 4 cherry tomatoes, diced

1/4 cucumber, diced

1 cup mixed greens

1/4 red onion, sliced

1/4 cup sprouts

Add all ingredients to a bowl and toss with dressing.

Dressing: 1 tbs olive oil, 1 tbs lemon juice or apple cider vinegar, 1/4 tsp mustard, s&p to taste.

## For a home made taco spice mix

- 1 tbs dried onion flakes
- 1 tbs ground cumin
- 1 tbs sweet paprika
- 2 tsp dried mixed herbs
- 2 tsp garlic granules
- 1/2 tsp salt
- 1/2 tsp dried chili flakes (optional)

## Cauliflower Rice

- 1/2 small cauliflower, cut into chunks
- 1 tbs ghee or oil
- 1 clove garlic minced
- 1/2 cup chopped fresh herbs (like parsley, dill, coriander, basil)

place cauliflower in a blender and pulse until resembles rice. Heat ghee or oil in a pan and add garlic and cauliflower, cook for 1-2 minutes add s&p to taste and cook for a further 8 minutes. Take off heat and stir through herbs.

## Roast Vegetables

- 1/4 cup brussels sprouts, halved
- 4 cherry tomatoes, halved
- 1/4 cup mushrooms, quartered
- 1/4 cup zucchini diced
- 1 tsp dried rosemary
- 1 tsp olive oil or ghee

Rinse and chop vegetables so they're roughly the same size, place in baking dish with salt, pepper, rosemary and oil or ghee. Bake for 20 minutes or until cooked in 200\* oven.

# YOUR RESET REFLECTION

Congratulations on completing your 10-Day RESET.

I hope this experience has shown you that healthy eating doesn't have to be complicated, and that small, consistent choices really do make a difference.

More than anything, I hope you've learned something about yourself.

Take a few minutes to reflect on the last ten days.

What changes have you noticed?

- How did your energy feel?
- Did you notice any changes in your sleep or mood?
- Which meals left you feeling your best?
- What was easier than you expected?
- What challenged you the most?

What did you learn about yourself?

- Did you notice any habits or patterns around food?
- When did you find yourself eating because you were hungry?
- When did stress, boredom or emotions influence your choices?
- What has your body been telling you over the past 10 days?

# YOUR RESET REFLECTION

Where to from here?

The goal of this RESET was never to be perfect. It was to help you slow down, simplify healthy eating and become more aware of what helps you feel your best.

As you move forward, ask yourself:

- What's one healthy habit I'd like to continue?
- What's one meal I'll keep making?
- What's one small change that feels realistic for me?

Remember, lasting change doesn't happen because of one perfect week.

If you're ready for the next step...

Creating lasting change is about understanding yourself, building supportive habits and learning to work with your body instead of against it.

If you'd like support creating healthy habits, understanding your patterns and feeling more like yourself again, I'd love to help.

Book a Health Strategy Session:

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