

# Day Meal Plan

By White Sage Nutrition




# Introduction

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## WHY THIS WORKS

Most diets fail because they leave you hungry, low-energy, and obsessed with food. My approach is different—eat MORE of the right foods and let your body do the rest.

This 1-Day Jumpstart will show you how to eat in a way that:

- Fuels your metabolism (instead of slowing it down)
  - Fills you up (so you're never hungry)
  - Supports natural weight loss (without calorie counting)
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# Snacks

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Fruit of choice

A slice of Oat & Seed Bread with a dollop of unsweetened soya yogurt & blueberries

Raw Veggie Pot

Plant-based milk - oat, soya, almond in tea & coffee. Avoid Barista styles, have coffee after breakfast and keep caffeinated to a minimum.

# Carrot Cake Oats

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The ultimate cozy breakfast! Oats, apple & carrot = a gut-loving trio packed with fibre, natural sweetness, and nutrients that keep you full, balanced, and glowing. Comforting, spiced, and perfectly wintery – like Christmas in a bowl.

## Ingredients

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Serves 1

40 grams of rolled oats  
1 apple, chopped  
1 carrot, peeled & grated  
250 ml water  
Splash of plant milk  
Dollop of plain soya yogurt  
A few raisins  
Sprinkle of ground mixed spice/nutmeg  
Sprinkle of cinnamon



## Directions

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- Cook 60 g oats with 1 cup water + splash of plant milk in the microwave for 3 minutes or until thick and creamy on the hob.
- Microwave chopped apple for 2 mins, coat in cinnamon + spice, stir in.
- Grate in 1 raw carrot.
- Top with unsweetened soy yogurt + sprinkle of raisins (skip raisins if focused on fat loss).

## Notes

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- Cook and cool your oats overnight for extra resistant starch - it feeds your gut, steadies blood sugar, and keeps you satisfied for hours.
- Keeps up to 3 days in the fridge if you make extra. Reheat with a splash of milk - even creamier next day!
- If preferred cook the apples and carrots together for a soft, spiced blend - or I prefer to keep the carrot raw for a fresh crunch!

# Black Bean & Sweet Potato Burrito Bowl

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The Science Bit: This colourful bowl is plant-powered perfection. Sweet potato gives slow, steady energy; black beans add protein and gut-loving fibre. Together, they keep blood sugar balanced, boost satiety, and nourish your gut - a science-backed combo for energy, mood, and healthy weight management.

## Ingredients

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- Serves 1
- 1 small sweet potato (120 g), chopped
- ¼ cup black beans (60 g), rinsed & drained
- ¼ avocado (25 g), sliced
- ½ red pepper, sliced
- ½ cup vine tomatoes, chopped
- 1 cup mixed leaves
- 1-2 tbsp salsa
- Optional: squeeze of lime, chilli flakes and a little chopped coriander/cilantro



## Directions

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- Chop the potato into small cubes, season with salt and spices, and bake at 200°C (400°F) for 20-25 minutes until tender and golden.
- While it bakes, chop the red pepper and tomatoes, rinse the beans, and slice the avocado.
- Assemble your bowl: Add mixed leaves, roasted sweet potato, black beans, red pepper, and tomatoes.
- Top it off with a spoon of salsa, add avocado, and finish with a squeeze of lime.

## Notes

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- Keep leftovers in the fridge up to 3 days in an airtight container.
- Best stored without the leaves and avocado (add those fresh when serving).
- Enjoy cold or reheat the roasted sweet potato in the air-fryer, microwave or oven – they stay delicious!

# Easy 2 Potato Curry

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A hearty, oil-free curry made with white and sweet potatoes, tender greens, and warming spices. Comforting yet light, full of fibre and plant goodness.



## Ingredients

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Serves 3

1 yellow onion, chopped  
4 cloves garlic, crushed  
2 tbsp mild curry powder  
720 ml vegetable stock (3 cups)  
400g sweet potatoes, chopped  
400g white potatoes, chopped  
1 can (400g) chopped tomatoes  
200g sugar snap peas, halved  
120g baby spinach (5 cups)  
Black pepper & pinch of salt

Optional: fresh coriander + dollop of plain unsweetened soya yogurt.

## Directions

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- Bring a saucepan of water to the boil, add the sweet and white potatoes, and cook for 8-10 minutes until just starting to soften. Drain and set aside.
- In a large pan, warm a splash of the vegetable stock and gently cook the onion and garlic for 3-4 minutes until soft.
- Stir in the curry powder and let it toast for about a minute.
- Pour in the remaining stock along with the chopped tomatoes. Add the par-boiled potatoes and simmer together for 15 minutes or until the sauce thickens so the flavours meld.
- Stir through the sugar snap peas and spinach, cooking for 1-2 minutes until the peas are tender and the spinach wilts.
- Season with black pepper and a little salt, then serve hot with fresh coriander and a dollop of plain soya yogurt.

## Notes

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- Fridge: Cool completely, then store in an airtight container for up to 4 days.
- Freezer: Freeze in portions for up to 2 months. Defrost overnight in the fridge before reheating.
- Reheat: Warm gently on the hob with a splash of water or stock until piping hot. Microwave works too, but stir halfway through.

# Easy Oat & Seed Bread

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Hearty, high-protein, and naturally gluten-free, this seed and flax bread is dense, satisfying, and packed with fibre and healthy fats. It's made with just a few simple ingredients – no yeast, no kneading, no fuss. The ground flaxseed binds everything together, giving you a loaf that's wonderfully hearty, nourishing, and keeps you full for hours.

## Ingredients

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180g rolled oats  
100 g pumpkin seeds  
60 g ground flaxseed  
30 g whole flaxseed (linseed)  
1 tsp salt  
1 tsp baking powder  
1 tbsp apple cider vinegar or  
lemon juice  
400 ml boiling water



## Directions

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- In a bowl, combine pumpkin seeds, ground flax, whole flax/linseed, oats, salt, and baking powder.
- Add lemon juice and pour in hot water. Stir until it thickens – the ground flax will gel and bind the mixture.
- Let sit for 15 minutes until it firms up into a dough-like consistency.
- Press into parchment-lined loaf tin.
- Bake at 180 °C / 350 °F for 50-60 minutes, until firm and dry on top.
- Cool completely before slicing (important so it sets fully)- overnight is ideal.
- Toast and pair with soya yogurt & berries as a breakfast, or with the Tomato & Potato Soup for lunch or dip in Beetroot Hummus as a snack.

## Notes

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- Room temperature: Store in an airtight container for up to 2 days.
- Fridge: Keeps fresh for up to 1 week – best option for daily slicing.
- Freezer: Slice and freeze in portions; reheat or toast straight from frozen for easy meals.

## READY TO SEE REAL RESULTS?

This 1-day plan is just a small taste of what's possible. Imagine what you could achieve in 14 days with my full Weight Loss Reset!

In just 2 weeks, you'll:

- Lose weight while eating MORE
- Have more energy & no cravings
- Feel lighter, leaner, & in control

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