

**EAT YOURSELF SEXY – 8 WEEK MEAL PLAN
AMANDA**



[FOR ALL RECIPES FEATURED IN THIS MEAL PLAN CLICK HERE](#)

WEEK 1 - Day 1	
Breakfast:	1.5 cups puffed rice or corn flakes with soy milk and ½ cup blueberries.
Snack:	One small apple and 10 cashews. <i>Fact: cashews contain oleic acid, a heart-healthy fatty acid found in olive oil.</i>
Lunch:	1 cup quinoa boiled. Add 30 g dried cranberries, 30g chopped spring onions, 15 ml balsamic vinegar and 30g chopped walnuts. <i>Fact: Quinoa is rich in protein; it is a complete protein that includes all nine essential amino acids, including lysine, which is important for cell growth and repair.</i>
Snack:	5 brazil nuts and one banana. <i>Fact: Brazil nuts are extremely rich in protein, copper, niacin and vitamin E. They also contain fibre and are a strong antioxidant.</i>
Dinner:	200g baked salmon on a bed of spring greens, baby spinach, red cabbage and snow peas topped with 30 ml of equal parts lemon juice and water for flavour (see Baked Salmon on a Bed of Vegetables recipe). <i>Fact: Salmon contains Omega-3 fatty acids, which decrease levels of triglycerides, or dangerous fats that flow through the bloodstream.</i>
Liquids:	2L of water, peppermint tea (Stress Reliever)

WEEK 1 - Day 2	
Breakfast:	1 cup soy milk with 1 cup fresh seasonal fruit and 1 slice gluten free toast with avocado. <i>Fact: Soy milk is a good source of protein and fibre.</i>
Snack:	1 rice/corn based pita bread and 30g hummus.
Lunch:	1 cup rice noodles with and 2 cups of vegetables.
Snack:	30g mixed dried fruits.
Dinner:	95g canned tuna on a bed of spinach, spring greens, carrots and olives sprinkled with black pepper and dash of Celtic sea salt to taste. <i>Fact: Spinach is an important source of calcium, which protects against osteoporosis.</i>
Liquids:	2L water, Chamomile tea (Sleep Aid).

WEEK 1 - Day 3	
Breakfast:	Two slices gluten free toast with local honey and one cup soy milk. <i>Fact: Honey is not only sweet and tasty, it confers allergic immunity when you eat local honey. It also provides you with essential enzyme-forming substances to help provide energy throughout the day.</i>
Snack:	One banana. <i>Fact: Bananas are full of potassium, which helps promote muscle strength and electrolyte balance.</i>
Lunch:	300ml miso soup with 100g sliced firm grilled tofu and bok choy. <i>Fact: Miso soup is an important source of tryptophan and protein.</i>
Snack:	5 brazil nuts.
Dinner:	180g grilled chicken drizzled with lemon sauce on a bed of whole grain rice and steamed broccoli. <i>Fact: Chicken is an important source of protein, tryptophan and niacin.</i>
Liquids:	2L water and 1 cup lemongrass tea (Detox Drink).

WEEK 1 - Day 4	
Breakfast:	1 cup gluten free muesli with soy milk and ½ cup berries.
Snack:	10 cashews and 30g mixed dried fruit.
Lunch:	180g grilled chicken drizzled with lemon sauce on a bed of whole grain rice and steamed broccoli. <i>Fact: Cranberries promote urinary, gastrointestinal and oral health and are a good source of vitamin C. They also add flavour to foods.</i>
Snack:	½ avocado and 2 corn thins. <i>Fact: Avocados contain the heart-healthy oleic fatty acid and are a good source of potassium.</i>
Dinner:	200g grilled trout with skillet-roasted red, yellow and orange capsicum.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe). <i>Fact: Lemon is an important source of Vitamin C, an important antioxidant.</i>

WEEK 1 - Day 5	
Breakfast:	1 poached egg topped with diced tomato on 1 slice gluten free toast. <i>Fact: Eggs are a wonderful source of protein and choline, which is essential for healthy cell maintenance throughout the body.</i>
Snack:	5 brazil nuts and 1 orange. <i>Fact: Oranges are a great source of Vitamin C and fibre, which keeps bowel movements regular and prevents colon cancer.</i>
Lunch:	95g canned tuna sprinkled with lemon zest with lettuce and diced onions on corn thins.
Snack:	Banana Strawberry Shake - 60ml soy milk, 60 ml plain yoghurt, 1 banana and 5 strawberries blended.
Dinner:	3 bean salad - 1 can of mixed beans with corn, spinach, lettuce and fresh black pepper to taste. <i>Fact: Beans are an important source of protein.</i>
Liquids:	2L water and 5ml of olive oil mixed with the juice of ½ lemon.

	<i>Fact: Promotes healthy bowel movements.</i>
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WEEK 1 - Day 6	
Breakfast:	1 peeled and sliced orange, 5 strawberries and 30g blueberries with 70g plain yoghurt. <i>Fact: Yoghurt is a great source of calcium and natural probiotics that promote reproductive health.</i>
Snack:	¼ avocado on 2 rice thins.
Lunch:	2 scrambled egg whites atop 1 piece gluten free topped with diced tomato.
Snack:	Carrot sticks with 30g hummus.
Dinner:	100 g grilled tofu on a bed of Basmati rice (1/2 cup) and roasted red, yellow and orange capsicum. <i>Fact: Tofu is a great source of protein and helps control cholesterol levels.</i>
Liquids:	2L water, 150ml pineapple juice mixed with 20ml honey (Immunity Booster).

WEEK 1 - Day 7	
Breakfast:	1/cup quinoa flake porridge, soy milk, 1 teaspoon honey and cinnamon.
Snack:	1 chopped carrot and 4 olives.
Lunch:	1 cup cooked quinoa with steamed broccoli topped with 10g walnuts.
Snack:	10 cashews and one banana.
Dinner:	180g chicken on a bed of cooked red cabbage, pan-seared spinach and snow peas. Add lemon juice to taste. <i>Hint: To pan-sear spinach, throw on a skillet until it wilts slightly. It will be slightly warm and taste a bit richer.</i>
Liquids:	2L water, 225ml warm miso soup.

WEEK 2 - Day 1	
Breakfast:	2 scrambled egg whites and 1 cup fresh fruit.
Snack:	30g trail mix (sunflower seeds, mixed nuts, cranberries, goji berries and raw cacao nibs). <i>Fact: Trail mix is a great source of protein. Sunflower seeds themselves are also a fantastic way to quell hunger and a great source of vitamin E and B1. Goji berries are full of antioxidants while raw cacao nibs are a healthy alternative to processed chocolate. OK if you can't find some of these ingredients.</i>
Lunch:	2 corn thins topped with 30ml pesto, diced tomato, spinach and sautéed mushrooms. <i>Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent cancer.</i>
Snack:	60g plain yoghurt mixed with 14g flax seeds. <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids.</i>
Dinner:	200g baked salmon with light glaze of ginger and 30 ml water with zucchini and eggplant sautéed in 30 ml of olive oil. <i>Fact: Ginger alleviates gastrointestinal issues and has anti-inflammatory compounds.</i>
Liquids:	2L water and Dandelion Tea (Liver Supporter).

WEEK 2 - Day 2	
Breakfast:	1.5 cups puffed rice or corn flakes mixed with blueberries and oat milk. <i>Fact: Oat milk is rich in magnesium, the anti-stress mineral. If you can't find oat milk replace with soy.</i>
Snack:	5 strawberries and 15g pumpkin seeds.
Lunch:	Salad of spinach, spring greens, cucumbers and 80g kidney beans. <i>Fact: Kidney beans are a great source of fiber and high-quality, protein.</i>
Snack:	150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).
Dinner:	2 cups Syrian red lentil soup (see Syrian Red Lentil Soup recipe).
Liquids:	2L water and chamomile tea.

WEEK 2 - Day 3	
Breakfast:	2 scrambled egg whites and 1 cup fresh fruit.
Snack:	10 cashews and 1 apple.
Lunch:	½ cup boiled quinoa with cooked, chopped seasonal vegetables.
Snack:	Cucumbers and carrots with hummus.
Dinner:	180g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water.

WEEK 2 - Day 4	
Breakfast:	2 egg omelette with mushroom and tomato.
Snack:	30g trail mix.
Lunch:	1 cup rice noodles with 95g canned salmon, chilli, garlic and 15ml olive oil drizzled over top.
Snack:	150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).
Dinner:	Salad of 180g grilled lamb, spring greens, carrot, cucumber and 15ml balsamic vinegar.
Liquids:	2L water and peppermint tea.

WEEK 2 - Day 5	
Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoons chia seeds. <i>Fact: Chia seeds are full of good fats, keep you feeling full for ages and promote regular bowels.</i>
Snack:	½ cup carrots and grapes.
Lunch:	1.5 cups Lentil soup (see Syrian Red Lentil Soup recipe).
Snack:	1 banana and 10 cashews.
Dinner:	Squash, eggplant and mushrooms with ½ cup cooked brown rice, add tamari and chilli to taste.
Liquids:	2L water and dandelion tea (Liver Supporter).

WEEK 2 - Day 6	
Breakfast:	2 slices gluten free toast with 80g ricotta, 1 tsp honey and cinnamon.
Snack:	35g plain yoghurt mixed with pumpkin seeds and 1 apple.
Lunch:	180 g grilled chicken with spring greens. Top with black pepper and Dulse flakes. <i>Fact: Dulse flakes are rich in iodine, a trace mineral that most women are deficient in and essential for a healthy metabolism. If you can't find dulse flakes use sea salt.</i>
Snack:	10 cashews and apple.
Dinner:	2 x 100g Salmon, Tofu and Broccoli Patties with green salad (see Salmon, Tofu and Broccoli Patties recipe).
Liquids:	2L water and dandelion leaf tea.

WEEK 2 - Day 7	
Breakfast:	1.5 cups puffed rice or corn flakes with soy milk and ½ cup blueberries.
Snack:	150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).
Lunch:	300ml miso soup with bok choy, spinach and 100 g chopped tofu.
Snack:	12 grapes and 30g trail mix.
Dinner:	200g baked salmon with baked leftover vegetables (see Baked Salmon on a Bed of Vegetables recipe).
Liquids:	2L water and 30ml lemon juice with 250ml water (Antioxidant Drink).

WEEK 3 - Day 1	
Breakfast:	1 poached egg over 1 slice gluten free toast topped with ¼ avocado.
Snack:	Celery with 30g ABC spread. <i>Fact: ABC spread is a nutrient dense combination of almonds, brazils and cashews. It is high in protein and fiber.</i>
Lunch:	2 corn thins topped with 30ml pesto, diced tomato, spinach and sautéed mushrooms. <i>Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent cancer.</i>
Snack:	1 apple with 10 cashews.
Dinner:	½ cup spelt pasta topped with cooked broccoli, cauliflower and red & orange capsicums.
Liquids:	2L water, 125 ml pineapple juice, whole lemon and cayenne pepper (see Fat Zapper Juice recipe).

WEEK 3 - Day 2	
Breakfast:	½ grapefruit and 1 scrambled egg.
Snack:	¼ avocado and 2 corn thins.
Lunch:	TLT- Tofu, Lettuce and Tomato Sandwich - 2 slices gluten free bread, 100g sliced and grilled tofu, lettuce and tomato with 30ml tamari sauce. <i>Fact: Tamari is a wheat free healthy option for soy sauce.</i>
Snack:	5 brazil nuts and 1 orange.

Dinner:	½ cup boiled quinoa with chopped seasonal vegetables stuffed into a capsicum and baked at 150 degrees for 25 minutes, drizzle with lemon juice.
Liquids:	2L water, pineapple juice with 30ml lemon juice (Vitality Drink).

WEEK 3 - Day 3

Breakfast:	1 dandelion leaf tea, 1 piece of gluten free toast with 15g ABC spread.
Snack:	Celery and ½ grapefruit.
Lunch:	2 x 100 g salmon, tofu and broccoli patties (see Salmon, Tofu and Broccoli Patties recipe).
Snack:	Banana Strawberry Shake - 60 ml milk, 60 ml plain yoghurt, 1 banana and 5 strawberries blended.
Dinner:	Salmon and cabbage dish (see Braised Cabbage, Apple and Caraway Salad with Roast Salmon recipe).
Liquids:	2L water and 125ml pineapple juice, whole lemon and cayenne pepper (see Fat Zapper Juice recipe).

WEEK 3 - Day 4

Breakfast:	Scrambled tofu with tomatoes, mushrooms and fresh herbs (see Scrambled Silken Tofu with Vegetables recipe).
Snack:	30g trail mix
Lunch:	½ cup quinoa boiled. Add 30 g dried cranberries, 30 g chopped spring onions, 15 ml balsamic vinegar and 30 g chopped walnuts. <i>Fact: Quinoa is rich in protein; in fact, it is a complete protein that includes all nine essential amino acids, including lysine, which is important for cell growth and repair.</i>
Snack:	1 apple and 1 banana
Dinner:	180g grilled chicken with asparagus and snow peas
Liquids:	2L water

WEEK 3 - Day 5

Breakfast:	Cinnamon stewed fruit with 80g yoghurt and 1 tbsp LSA *(linseed, sunflower, almond meal) Amazing fibre source and high in protein (see Cinnamon Stewed Fruit with Quinoa/Amaranth Porridge recipe).
Snack:	2 corn thins with avocado or tahini.
Lunch:	180g grilled turkey wrap with salad on flat bread (see Turkey Wrap With Salad recipe).
Snack:	1 orange.
Dinner:	200g grilled snapper with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
Liquids:	2L water and 125ml pineapple juice, whole lemon and cayenne pepper (see Fat Zapper Juice recipe).

WEEK 3 - Day 6	
Breakfast:	Poached egg with spinach and gluten free toast
Snack:	5 brazil nuts and 1 orange
Lunch:	2 x 100g Lentil and vegetable patties (see Lentil and Vegetable Patties recipe).
Snack:	¼ avocado on 2 corn thins
Dinner:	180g roasted chicken breast, roasted leftover vegetables (see Roast Chicken Breast with Roast Vegetables and Blanched Broccoli recipe).
Liquids:	2L water, 200ml miso soup

WEEK 3 - Day 7	
Breakfast:	2 egg omelette with 30g fetta and parsley
Snack:	125 ml pineapple juice, whole lemon and cayenne pepper (see Fat Zapper Juice recipe).
Lunch:	2 corn thins topped with 30 ml pesto, diced tomato, spinach and sautéed mushrooms. <i>Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent cancer.</i>
Snack:	30g trail mix
Dinner:	200g grilled trout with skillet-roasted red, yellow and orange capsicum
Liquids:	2L water

WEEK 4 - Day 1	
Breakfast:	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds.
Snack:	1 pear and 12 almonds.
Lunch:	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg.
Snack:	Carrots with hummus (see hummus recipe).
Dinner:	180g organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 4 - Day 2	
Breakfast:	Two egg omelette with mushrooms and tomato.
Snack:	1 apple with 10 almonds.
Lunch:	Sardines and tomato on gluten free toast.
Snack:	2 corn cakes with ABC spread.
Dinner:	200g seared tuna and bean salad.
Liquids:	2L water, 30ml lemon juice with 225ml water.

WEEK 4 - Day 3	
Breakfast:	70g yoghurt and ½ cup mixed berries with 2 teaspoons chia seeds and coconut flakes.
Snack:	1 kiwifruit.
Lunch:	Bean salad – rinse a can of three beans well & use 80g, add sliced red, green and yellow capsicum, corn and salad greens.
Snack:	Chopped cucumber and hummus (see hummus recipe).
Dinner:	180g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water, 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 4 - Day 4	
Breakfast:	1.5 cups puffed rice or corn flakes mixed with mixed berries and oat or almond milk.
Snack:	1 apple.
Lunch:	1 whole wheat pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
Snack:	Fresh avocado dip and vegetable sticks.
Dinner:	150g tuna steak on a bed of spring greens, cucumbers and drizzled with lemon juice.
Liquids:	2L water, chamomile tea.

WEEK 4 - Day 5	
Breakfast:	Power smoothie: 100ml oat/almond milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
Snack:	1 whole wheat pita with chickpea hummus (see hummus recipe).
Lunch:	3 bean salad with rocket, carrots and pumpkin seeds.
Snack:	1 apple with 8 cashews.
Dinner:	200g snapper with ½ cup quinoa and steamed broccoli & corn.
Liquids:	2L water, 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 4 - Day 6	
Breakfast:	High vitality milkshake.
Snack:	Celery sticks and 10gr pumpkin seeds.
Lunch:	Turkey wrap with salad on flat bread (see Turkey Wrap With Salad recipe).
Snack:	1 apple.
Dinner:	300ml miso soup with 100g grilled chopped tofu and bok choy.
Liquids:	2ml water and 150ml carrot, ginger juice, 1 clove garlic and lemon juice (see Liver Cleanser Juice recipe).

WEEK 4 - Day 7	
Snack:	1 apple, 30g trail mix.
Lunch:	2 x 100g lentil and vegetable patties (see Lentil and Vegetable Patties recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	200g baked salmon with asparagus and zucchini.
Liquids:	2L water, 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 5 - Day 1	
Breakfast:	1 poached egg topped with diced tomato on 1 slice gluten free toast.
Snack:	5 brazil nuts and 1 orange.
Lunch:	2 cups Emma's immune boosting soup. (see Emma's Immune Boosting Soup recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	250g grilled lamb cutlets with steamed vegetables.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 5 - Day 2	
Breakfast:	1.5 cups puffed rice or corn flakes mixed with mixed berries and oat or almond milk.
Snack:	1 pear and 10 tamari almonds.
Lunch:	180g turkey wrap with salad on flat bread (see Turkey Wrap with Salad on Flat Bread recipe).
Snack:	10 cashews and one banana.
Dinner:	Tempeh and vegetable stir fry with ½ cup buckwheat noodles (see Tempeh and Vegetable Stir Fry with Buckwheat Noodles recipe).
Liquids:	2L water, 225 ml warm miso soup.

WEEK 5 - Day 3	
Breakfast:	1 orange, 5 strawberries and 30g blueberries with 70g plain yoghurt with LSA (mix of ground linseeds, sunflower seeds and almonds) and 2 teaspoons chia seeds.
Snack:	¼ avocado with lemon juice.
Lunch:	2 cups Emma's Immune Boosting soup (see Emma's Immune Boosting Soup recipe).
Snack:	10 tamari almonds.
Dinner:	180gr snapper with roasted pumpkin and zucchini (see Snapper with oven Roasted Pumpkin and Zucchini recipe).
Liquids:	2ml water, 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 5 - Day 4	
Breakfast:	Two egg omelette with mushrooms and tomato.
Snack:	2 rice cakes with avocado or tahini.
Lunch:	2 cups lentil soup (see Lentil and Vegetable Patties recipe).
Snack:	Raw carrot or celery sticks with hummus (see Hummus recipe).
Dinner:	180g roast chicken with roast capsicum, carrots, onion and garlic with steamed broccoli (see Roast Chicken Breast with Roast Vegetables and Blanched Broccoli recipe).
Liquids:	2L water, Chamomile tea (Sleep Aid).

WEEK 5 - Day 5	
Breakfast:	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds (see Cinnamon Stewed Fruit with Quinoa/Amaranth Porridge recipe).
Snack:	1 apple and 10 cashews.
Lunch:	150g turkey wrap with salad on flat bread (see Turkey Wrap with Salad on Flat Bread recipe).
Snack:	5 brazil nuts.
Dinner:	180g baked snapper on a bed of baby spinach, red cabbage and snow peas topped with 30 ml of equal parts lemon juice and water for flavour.
Liquids:	2L of water, 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 5 - Day 6	
Breakfast:	Power smoothie: 100ml almond milk, 30gr rolled oats, 70gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
Snack:	1 banana.
Lunch:	Treat yourself and go out to a café! Apply your new found knowledge to make a healthy selection.
Snack:	10 brazil nuts.
Dinner:	150g grilled pepper steak with French beans (see Pepper Steak with French Beans recipe).
Liquids:	2L water and chamomile tea (Sleep Aid).

WEEK 5 - Day 7	
Breakfast:	2 whole meal spelt flour pancakes with fresh fruit, yoghurt.
Snack:	10 cashews.
Lunch:	Bean salad – rinse a can of three beans well & use 80g, add sliced capsicum, corn and salad greens.
Snack:	2 rice cakes with avocado or tahini.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed green vegetables (see Lemongrass Chilli Chicken Drumsticks recipe).

Liquids:	2L water and 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).
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WEEK 6 - Day 1	
Breakfast:	Stewed apple & pear with cinnamon and 70 g natural yoghurt and 2 teaspoons chia seeds.
Snack:	1 pear and 12 tamari almonds.
Lunch:	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg.
Snack:	Carrots with hummus (see Hummus recipe).
Dinner:	180g organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe)

WEEK 6 - Day 2	
Breakfast:	Fetta scrambled eggs (see Fetta Scrambled Eggs recipe).
Snack:	1 apple with 10 tamari almonds.
Lunch:	2 cups Syrian red lentil soup (see Lentil and Vegetable Patties recipe)
Snack:	2 corn cakes with ABC spread.
Dinner:	150g roast chicken breast with roast vegetables and steamed broccoli (see Roast Chicken Breast with Roast Vegetables and Blanched Broccoli recipe).
Liquids:	2L water, 30ml lemon juice with 225ml water.

WEEK 6 - Day 3	
Breakfast:	70g yoghurt and ½ cup mixed berries with 2 teaspoons chia seeds and coconut flakes.
Snack:	1 kiwifruit.
Lunch:	2 x 80 g lentil and vegetable patties (make up a batch and freeze some) (see Lentil and Vegetable Patties recipe).
Snack:	Chopped cucumber and hummus (see Hummus recipe).
Dinner:	180g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water, 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 6 - Day 4	
Breakfast:	70g yoghurt with coconut flakes and 14g flax seeds.
Snack:	1 apple.
Lunch:	1 whole wheat pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see Hummus recipe).
Snack:	Fresh avocado dip (made with ½ fresh avocado mashed) and carrot, cucumber celery

	sticks.
Dinner:	150g beef steak on a bed of spring greens, carrots and sweet potato drizzled with lemon juice.
Liquids:	2L water, chamomile tea.

WEEK 6 - Day 5

Breakfast:	Power smoothie: 100ml oat milk, 30g rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	1 whole wheat pita with hummus (see Hummus recipe).
Lunch:	2 cups Syrian red lentil soup (see Syrian Red Lentil Soup recipe).
Snack:	1 apple with 8 cashews.
Dinner:	5 veggies in 10 minutes and ½ cup quinoa (see 5 veggies in 10 minutes recipe).
Liquids:	2L water, 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 6 - Day 6

Breakfast:	1 poached egg topped with diced tomato on 1 slice gluten free toast.
Snack:	Celery sticks and 10g pumpkin seeds.
Lunch:	Turkey wrap with salad on whole wheat pita (see Turkey Wrap With Salad recipe).
Snack:	1 apple.
Dinner:	Wheat free pizza (see Wheat Free Pizza recipe).
Liquids:	2ml water, and 150ml carrot and ginger juice, 1 clove garlic and dash lemon juice.

WEEK 6 - Day 7

Breakfast:	Bircher muesli with berries and 50g yoghurt.
Snack:	1 apple, 30 g trail mix.
Lunch:	2 x 80g lentil and vegetable patties (see Lentil and Vegetable Patties recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	150g lamb with broccoli, spinach and zucchini.
Liquids:	2L water, 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 7 - Day 1

Breakfast:	2 scrambled egg whites and 1 piece gluten free toast.
Snack:	30g trail mix (sunflower seeds, mixed nuts, cranberries, Goji berries and raw cacao nibs). <i>Fact: Trail mix is a great source of protein. Sunflower seeds themselves are also a fantastic way to quell hunger and a great source of vitamin E and B1. Goji berries are full of antioxidants while raw cacao nibs are a healthy alternative to processed chocolate.</i>
Lunch:	1 wholemeal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 degrees celsius. <i>Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent</i>

	<i>cancer.</i>
Snack:	60g plain yoghurt mixed with 14g flax seeds. <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids.</i>
Dinner:	180g baked salmon with light glaze of 3g ginger and 30ml water with zucchini and eggplant sautéed in 30ml of olive oil. <i>Fact: Ginger alleviates gastrointestinal issues and has anti-inflammatory compounds.</i>
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 7 - Day 2

Breakfast:	1 cup muesli mixed with blueberries and oat milk. <i>Fact: Oat milk is rich in magnesium, the anti-stress mineral</i>
Snack:	5 strawberries and 15 g pumpkin seeds.
Lunch:	2 x 80g Lentil and Vegetable Patties (make double quantity and put extra in freezer) (see Lentil and Vegetable Patties recipe).
Snack:	30g trail mix and 1 apple.
Dinner:	150g pepper steak with French beans (see Pepper Steak with French Beans recipe).
Liquids:	2L water and chamomile tea.

WEEK 7 - Day 3

Breakfast:	Banana Blueberry smoothie - 1 banana, ½ cup blueberries, 60ml plain yoghurt and 100ml oat milk blended.
Snack:	10 cashews and 1 apple.
Lunch:	2 cups Emma's Immune Boosting Soup (freeze extra portions) (see Emma's Immune Boosting Soup recipe).
Snack:	Cucumbers and carrots.
Dinner:	180g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 7 - Day 4

Breakfast:	2 egg omelette with mushroom and tomato.
Snack:	30g trail mix.
Lunch:	Zucchini slice (freeze extra portions) (see Zucchini slice recipe).
Snack:	1 apple and handful grapes.
Dinner:	Salad of 180g grilled lamb, salad greens, carrot, cucumber and 15ml balsamic vinegar.
Liquids:	2L water and peppermint tea.

WEEK 7 - Day 5

Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoons chia seeds. <i>Fact: Chia seeds are full of good fats, keep you feeling full for ages and promote regular bowels.</i>
Snack:	2 corn cakes with avocado or tahini.

Lunch:	2 cups Syrian red lentil soup (should have some in the freezer) (see Syrian Red Lentil Soup recipe).
Snack:	1 banana and 10 cashews.
Dinner:	Squash, eggplant and mushrooms with ½ cup cooked brown rice, add Tamari to taste.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 7 - Day 6

Breakfast:	2 slices gluten free bread with 80g ricotta, 1 tsp honey and cinnamon.
Snack:	35g plain yoghurt mixed with pumpkin seeds and 1 apple.
Lunch:	180g grilled chicken with salad greens. Top with black pepper and Dulse flakes. <i>Fact: Dulse flakes are rich in iodine, a trace mineral that most women are deficient in and essential for a healthy metabolism.</i>
Snack:	10 cashews and apple.
Dinner:	2 Lemongrass and Chilli Chicken Drumsticks with a small green salad (see Lemongrass Chilli Chicken Drumsticks recipe).
Liquids:	2L water and dandelion leaf tea.

WEEK 7 - Day 7

Breakfast:	Fetta scrambled eggs (see Fetta Scrambled Eggs recipe).
Snack:	30g pumpkin seeds.
Lunch:	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg.
Snack:	12 grapes and 30g trail mix.
Dinner:	180g baked snapper with baked leftover vegetables.
Liquids:	2L water and 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 8 – Day 1

Breakfast:	1 poached egg over 1 slice gluten free toast topped with ¼ avocado.
Snack:	Celery with 30gr ABC spread. <i>Fact: ABC spread is a nutrient dense combination of almonds, brazils and cashews. It is high in protein and fiber.</i>
Lunch:	95g canned salmon with salad on rice cakes.
Snack:	1 apple with 10 cashews.
Dinner:	2 Lemongrass and Chilli Chicken Drumsticks with a small green salad. (see Lemongrass Chilli Chicken Drumsticks recipe)
Liquids:	2L water, 150 ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 8 - Day 2	
Breakfast:	2 slices gluten free bread with 80g ricotta, 1 tsp honey and cinnamon.
Snack:	¼ avocado and 2 corn thins.
Lunch:	2 cups Emma's Immune boosting soup (see Emma's Immune Boosting Soup recipe).
Snack:	5 brazil nuts and 1 orange.
Dinner:	½ cup boiled quinoa with chopped seasonal vegetables stuffed into a capsicum and baked at 150 C for 25 minutes, drizzle with lemon juice.
Liquids:	2L water, pineapple juice with 30ml lemon juice (Vitality Drink).

WEEK 8 - Day 3	
Breakfast:	1 dandelion leaf tea, 1 piece of gluten free toast with 15g ABC spread.
Snack:	Celery and ½ grapefruit.
Lunch:	2 x 80g salmon, tofu and broccoli patties (see Salmon, Tofu and Broccoli Patties recipe).
Snack:	1 apple.
Dinner:	180g Zucchini slice with a green salad.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 8 - Day 4	
Breakfast:	1 cup muesli mixed with blueberries and oat milk. <i>Fact Oat milk is rich in magnesium, the anti-stress mineral</i>
Snack:	30g trail mix.
Lunch:	Mushroom and leek soup - 2 medium leeks, 16 large, chopped mushrooms, 1 packet miso soup, 30g chives, boiled for 7 minutes.
Snack:	1 apple.
Dinner:	150g grilled chicken with asparagus and snow peas.
Liquids:	2L water.

WEEK 8 - Day 5	
Breakfast:	Cinnamon stewed fruit with porridge (see Cinnamon Stewed Fruit with Quinoa/Amaranth Porridge recipe).
Snack:	2 rice thins with avocado or tahini.
Lunch:	150g grilled turkey wrap with salad on flat bread (see Turkey Wrap with Salad recipe).
Snack:	1 orange.
Dinner:	180g grilled snapper with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).

WEEK 8 - Day 6	
Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoons chia seeds. <i>Fact: Chia seeds are full of good fats, keep you feeling full for ages and promote regular bowels.</i>
Snack:	5 brazil nuts and 1 orange.
Lunch:	2 x 80g lentil and vegetable patties (see Lentil and Vegetable Patties recipe).
Snack:	¼ avocado on 2 corn thins.
Dinner:	150g roasted chicken breast, roasted leftover vegetables (see Roast Chicken Breast with Roast Vegetables and Blanched Broccoli recipe).
Liquids:	2L water.

WEEK 8 - Day 7	
Breakfast:	2 egg omelette with 30g fetta and parsley.
Snack:	Celery sticks and hummus (see Hummus recipe).
Lunch:	2 cups Syrian red lentil soup (see Syrian Red Lentil Soup recipe).
Snack:	30g trail mix.
Dinner:	150g grilled steak with a small green salad.
Liquids:	2L water and 150ml pineapple juice, whole lemon and cayenne pepper juice (see Fat Zapper Juice recipe).