

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



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

WEEK 1 - Day 1	
<b>Breakfast:</b>	2 scrambled eggs with grilled tomato
<b>Snack:</b>	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>
<b>Lunch:</b>	1 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C <i>Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent cancer</i>
<b>Snack:</b>	60g plain yoghurt mixed with 14g flax seeds <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids</i>
<b>Dinner:</b>	150g 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>
<b>Liquids:</b>	2L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 1 - Day 2	
<b>Breakfast:</b>	1 cup muesli mixed with ½ cup blueberries and oat milk <i>Fact: Oat milk is rich in magnesium, the anti-stress mineral</i>
<b>Snack:</b>	5 strawberries and 15g pumpkin seeds
<b>Lunch:</b>	Salad of spinach, salad greens, cucumbers and 100g kidney beans <i>Fact: Kidney beans are a great source of fiber and high-quality, protein Use extra virgin olive oil and lemon juice for dressing</i>
<b>Snack:</b>	30g trail mix and 1 apple
<b>Dinner:</b>	150g grilled lamb with 1 cup steamed broccoli, zucchini and squash
<b>Liquids:</b>	2L water and chamomile tea

WEEK 1 - Day 3	
<b>Breakfast:</b>	2 egg omelette with 30g fetta and parsley
<b>Snack:</b>	10 cashews and 1 apple

<b>Lunch:</b>	½ cup boiled Quinoa with 1 cup steamed seasonal vegetables
<b>Snack:</b>	1 cup carrot sticks with hummus (see hummus recipe)
<b>Dinner:</b>	180g baked chicken with 1 cup pan-seared mushrooms and spinach
<b>Liquids:</b>	2L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 1 - Day 4

<b>Breakfast:</b>	1 cup Bircher muesli with ½ cup berries and 50g yoghurt (see Toasted Muesli recipe)
<b>Snack:</b>	30g trail mix
<b>Lunch:</b>	95g canned tuna sprinkled with lemon zest with lettuce and diced onions on rice cakes
<b>Snack:</b>	1 apple and handful grapes
<b>Dinner:</b>	Salad of 180g grilled lamb, salad greens, olives, cucumber and 15 ml balsamic vinegar and 15ml extra virgin olive oil
<b>Liquids:</b>	2L water and peppermint tea

#### WEEK 1 - Day 5

<b>Breakfast:</b>	100g plain yoghurt with 10 g flax seeds and 2 teaspoons chia seeds with 1 passion fruit <i>Fact: Chia seeds are full of good fats, keep you feeling full for ages and promote regular bowels</i>
<b>Snack:</b>	2 rice cakes with avocado
<b>Lunch:</b>	Lentil soup - 75g boiled lentils mixed with 1 clove garlic, 1 medium chopped onion, 1 chopped carrot, 1 small diced tomato, shredded spinach and 500ml water
<b>Snack:</b>	1 banana and 10 cashews
<b>Dinner:</b>	1 cup squash, eggplant and mushrooms with ½ cup cooked brown rice, add Tamari to taste
<b>Liquids:</b>	2L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 1 - Day 6

<b>Breakfast:</b>	2 slices sourdough bread with 80g ricotta, 1 tsp honey and cinnamon
<b>Snack:</b>	35g plain yoghurt mixed with 1 tsp chia seeds
<b>Lunch:</b>	180g grilled chicken with salad greens and tahini 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>
<b>Snack:</b>	10 cashews and apple
<b>Dinner:</b>	1 whole meal pita stuffed with 180 g chopped grilled chicken, spinach, cucumbers and 30g tahini
<b>Liquids:</b>	2L water and dandelion leaf tea

#### WEEK 1 - Day 7

<b>Breakfast:</b>	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and oat milk
<b>Snack:</b>	30g pumpkin seeds
<b>Lunch:</b>	300ml miso soup with bok choy, spinach and 100g chopped tofu
<b>Snack:</b>	12 grapes and 30g trail mix
<b>Dinner:</b>	150g grilled steak with 1 cup sautéed green beans and mushrooms

<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)
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WEEK 2 - Day 1	
<b>Breakfast:</b>	90g rolled oats microwaved with 80ml water and 1 tsp lemon juice Add 30g blueberries for flavour <i>Fact: Lemon juice, when taken in the morning, acts as a liver stimulant, helping the liver produce bile to readily begin digesting the day's food Blueberries contain antioxidants, which neutralize free radicals from producing harmful substances in our bodies that can cause heart disease and cancer</i>
<b>Snack:</b>	One small apple and 10 cashews <i>Fact: Cashews contain oleic acid, a heart-healthy fatty acid found in olive oil</i>
<b>Lunch:</b>	½ cup quinoa boiled Add 30g dried cranberries, 30g chopped spring onions, 15ml balsamic vinegar, 30 g chopped walnuts and ½ cup parsley <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>
<b>Snack:</b>	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>
<b>Dinner:</b>	150g baked salmon on a bed of salad greens, baby spinach, red cabbage and snow peas topped with 30 ml of equal parts lemon juice and water for flavour <i>Fact: Salmon contains Omega-3 fatty acids, which decrease levels of triglycerides, or dangerous fats that flow through the bloodstream</i>
<b>Liquids:</b>	2L of water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 2 - Day 2	
<b>Breakfast:</b>	1 cup fresh seasonal fruit and 1 slice sourdough toast with avocado with a sprinkle of Dulse flakes
<b>Snack:</b>	1 whole meal pita bread and 30g hummus (see hummus recipe) <i>Fact: Unrefined whole meal products are full of essential nutrients including copper, calcium and fibre</i>
<b>Lunch:</b>	100g zucchini slice (freeze extra portions) with a small green salad (see zucchini slice recipe)
<b>Snack:</b>	1 apple and 10 Tamari almonds
<b>Dinner:</b>	95 g canned tuna on a bed of spinach, salad 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>
<b>Liquids:</b>	2L water, Chamomile tea (Sleep Aid)

WEEK 2 - Day 3	
<b>Breakfast:</b>	1 slice sourdough toast with local honey, 40g ricotta and a pinch of cinnamon and one cup almond 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>
<b>Snack:</b>	One banana <i>Fact: Bananas are full of potassium, which helps promote muscle strength and electrolyte balance</i>
<b>Lunch:</b>	300 ml miso soup with 100 g sliced firm grilled tofu and bok choy <i>Fact: Miso soup is an important source of tryptophan and protein</i>

<b>Snack:</b>	5 brazil nuts
<b>Dinner:</b>	180 g grilled chicken drizzled with lemon juice on a bed of brown rice and steamed broccoli <i>Fact: Chicken is an important source of protein, tryptophan and niacin</i>
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 2 - Day 4

<b>Breakfast:</b>	2 poached eggs with 1 slice sourdough toast and grilled tomato <i>Fact: Eggs are a wonderful source of protein and choline, which is essential for healthy cell maintenance throughout the body</i>
<b>Snack:</b>	10 cashews and 1 kiwi fruit
<b>Lunch:</b>	180 g baked chicken on iceberg lettuce and spinach with chopped carrots, spring onions, cranberries and diced walnuts Add 15 ml vinaigrette for flavour <i>Fact: Cranberries promote urinary, gastrointestinal and oral health and are a good source of vitamin C They also add flavour to foods</i>
<b>Snack:</b>	¼ avocado and 1 whole meal pita <i>Fact: Avocados contain the heart-healthy oleic fatty acid and are a good source of potassium</i>
<b>Dinner:</b>	150 g grilled snapper with 1 cup roasted red capsicum and zucchini (see snapper with oven roasted pumpkin and zucchini recipe)
<b>Liquids:</b>	2 L water and 150 ml pineapple juice, whole lemon and cayenne pepper juice (Fat Zapper) <i>Fact: Lemon is an important source of Vitamin C, an important antioxidant</i>

#### WEEK 2 - Day 5

<b>Breakfast:</b>	1 cup Bircher muesli with 80 g natural yoghurt, ½ cup berries and 2 tsp chia seeds (see Toasted Muesli recipe)
<b>Snack:</b>	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>
<b>Lunch:</b>	95 g canned tuna sprinkled with lemon zest with lettuce and spring onions on corn thins
<b>Snack:</b>	Banana Strawberry Shake - 100 ml soy milk, 60 ml plain yoghurt, 1 tsp chia seeds, 1 banana and 5 strawberries blended
<b>Dinner:</b>	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>
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

**WEEK 2 - Day 6**

<b>Breakfast:</b>	1 peeled and sliced orange, 5 strawberries and 30 g blueberries with 70 g plain yoghurt with 2 tsp chia seeds <i>Fact: Yoghurt is a great source of calcium and natural probiotics that promote reproductive health</i>
<b>Snack:</b>	¼ avocado on 2 rice thins
<b>Lunch:</b>	2 x 80 g Salmon, Tofu and Broccoli Patties (make more and freeze extra portions) (see salmon, tofu and broccoli patties recipe)
<b>Snack:</b>	Carrot sticks with 30g hummus (see hummus recipe)
<b>Dinner:</b>	100 g grilled tofu on a bed of whole grain rice (1/2 cup) and roasted red capsicums, broccoli, ginger and 15 ml Tamari soy sauce <i>Fact: Tofu is a great source of protein and helps control cholesterol levels</i>
<b>Liquids:</b>	2 L water, Peppermint Tea

**WEEK 2 - Day 7**

<b>Breakfast:</b>	1 cup cinnamon stewed apple & pear with crushed walnuts and 1 tsp chia seeds
<b>Snack:</b>	1 chopped carrot and 4 olives
<b>Lunch:</b>	½ cup cooked Quinoa with steamed broccoli topped with 10 g toasted walnuts and sunflower seeds
<b>Snack:</b>	10 cashews and one banana
<b>Dinner:</b>	180g salmon on a bed of cooked red cabbage, and steamed kale (see steamed kale recipe)
<b>Liquids:</b>	2L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

**WEEK 3 - Day 1**

<b>Breakfast:</b>	1 poached egg over 1 slice sourdough toast topped with ¼ avocado
<b>Snack:</b>	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>
<b>Lunch:</b>	2 cups Syrian red lentil soup (see syrian red lentil soup recipe)
<b>Snack:</b>	1 apple with 10 cashews
<b>Dinner:</b>	Salad of spinach, salad greens, cucumbers and 100g kidney beans <i>Fact: Kidney beans are a great source of fiber and high-quality, protein Use extra virgin olive oil and lemon juice for dressing</i>
<b>Liquids:</b>	2L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

**WEEK 3 - Day 2**

<b>Breakfast:</b>	1 cup seasonal fruit with 100g natural yoghurt mixed with 1 teaspoon chia seeds
<b>Snack:</b>	¼ avocado and 2 corn thins
<b>Lunch:</b>	1 whole meal pita stuffed with 120 g turkey, spinach, red onion and hummus (see hummus recipe)
<b>Snack:</b>	5 brazil nuts and 1 orange
<b>Dinner:</b>	150 g grilled snapper with 1 cup steamed broccoli, zucchini and squash
<b>Liquids:</b>	2 L water, Chamomile tea

**WEEK 3 - Day 3**

<b>Breakfast:</b>	1 dandelion leaf tea, 1 piece of sourdough toast with 15 g ABC spread
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<b>Snack:</b>	Celery and carrot sticks with hummus (see hummus recipe)
<b>Lunch:</b>	2 x 80 g lentil and vegetable patties (see lentil and vegetable patties recipe)
<b>Snack:</b>	8 almonds and 1 apple
<b>Dinner:</b>	Tuna (95 g tin), asparagus and feta salad (see tuna, asparagus and fetta salad)
<b>Liquids:</b>	2 L water 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 3 - Day 4

<b>Breakfast:</b>	1 cup Bircher muesli with berries and 50 g yoghurt (see Toasted Muesli recipe)
<b>Snack:</b>	30g trail mix
<b>Lunch:</b>	Banana Strawberry Shake- 100 ml soy milk, 60 ml plain yoghurt, 1 tsp chia seeds, 1 banana and 5 strawberries blended
<b>Snack:</b>	1 apple
<b>Dinner:</b>	180 g grilled chicken with steamed asparagus and snow peas
<b>Liquids:</b>	2 L water

#### WEEK 3 - Day 5

<b>Breakfast:</b>	2 scrambled eggs with grilled tomato
<b>Snack:</b>	2 rice thins with avocado or tahini
<b>Lunch:</b>	180 g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread)
<b>Snack:</b>	1 orange
<b>Dinner:</b>	150g grilled salmon with mushrooms, carrots & broccoli sprinkled with cayenne pepper
<b>Liquids:</b>	2L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 3 - Day 6

<b>Breakfast:</b>	Power smoothie: 150ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
<b>Snack:</b>	5 brazil nuts and 1 orange
<b>Lunch:</b>	2 x 80g Lentil and vegetable patties with steamed kale (see lentil and vegetable patties recipe)
<b>Snack:</b>	¼ avocado on 2 corn thins
<b>Dinner:</b>	180g roasted chicken breast, roasted leftover vegetables (see roast chicken breast with roast vegetables and blanched broccoli recipe)
<b>Liquids:</b>	2L water

#### WEEK 3 - Day 7

<b>Breakfast:</b>	2 slices sourdough toast with local honey, 80g ricotta and a pinch of cinnamon
<b>Snack:</b>	Celery sticks and hummus (see hummus recipe)
<b>Lunch:</b>	95 g canned tuna sprinkled with lemon zest with lettuce and red onions on rice cakes
<b>Snack:</b>	30 g trail mix
<b>Dinner:</b>	300 ml miso soup with 100 g sliced firm grilled tofu and bok choy
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 4 - Day 1	
<b>Breakfast:</b>	Citrus Berry Smoothie- ½ cup fresh mixed berries, 70 g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds
<b>Snack:</b>	1 whole meal pita with hummus (see hummus recipe)
<b>Lunch:</b>	80 g canned 3 bean mix with 1 cup parsley, grated carrot, red onion, spinach and lemon zest
<b>Snack:</b>	1 kiwi fruit
<b>Dinner:</b>	180 g snapper with oven roasted pumpkin and zucchini (see snapper with oven roasted pumpkin and zucchini recipe)
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 4 - Day 2	
<b>Breakfast:</b>	100 g yoghurt with coconut flakes, 1/2 cup fresh fruit and 1tsp chia seeds <i>Fact: Coconut is full fiber and minerals essential for healthy hair and skin</i>
<b>Snack:</b>	1 apple, 10 Tamari almonds
<b>Lunch:</b>	1 whole meal pita stuffed with 180 g chopped chicken, hummus, salad greens such as rocket (see hummus recipe)
<b>Snack:</b>	2 corn cakes with hummus (see hummus recipe)
<b>Dinner:</b>	150g tuna on a bed of bok choy, green beans and carrots drizzled with lemon juice
<b>Liquids:</b>	2L water, chamomile tea (Sleep Aid)

WEEK 4 - Day 3	
<b>Breakfast:</b>	Fetta scrambled eggs (see fetta scrambled eggs recipe)
<b>Snack:</b>	10 Tamari almonds
<b>Lunch:</b>	150gr Salmon and green bean salad (see canned salmon and salad recipe)
<b>Snack:</b>	1 apple
<b>Dinner:</b>	300 ml miso soup with 100 g grilled chopped tofu and spinach
<b>Liquids:</b>	2 L water, and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 4 - Day 4	
<b>Breakfast:</b>	1 cup toasted Bircher muesli with berries and yoghurt (see Toasted Muesli recipe)
<b>Snack:</b>	1 apple, 30 g trail mix
<b>Lunch:</b>	95 g canned tuna sprinkled with lemon zest with lettuce and red onions on rice cakes
<b>Snack:</b>	2 corn thins with eggplant dip (see eggplant dip recipe)
<b>Dinner:</b>	150 g baked salmon with asparagus and a small green salad
<b>Liquids:</b>	2L water

WEEK 4 - Day 5	
<b>Breakfast:</b>	1 scrambled egg with ¼ avocado
<b>Snack:</b>	1 whole meal pita with hummus (see hummus recipe)
<b>Lunch:</b>	1 cup buckwheat noodles with vegetables in a miso based broth (see rice noodles with vegetables in a miso broth recipe)
<b>Snack:</b>	Carrots with eggplant dip (see eggplant dip recipe)
<b>Dinner:</b>	150 g grilled tofu on a bed of wilted greens with tamari sauce
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)



**WEEK 4 - Day 6**

<b>Breakfast:</b>	Sourdough toast with baked beans
<b>Snack:</b>	1 kiwifruit
<b>Lunch:</b>	100 g chicken with 300 ml miso soup and chopped seasonal vegetables
<b>Snack:</b>	Sliced cucumber and 1 apple
<b>Dinner:</b>	2 x 80 g Lentil and vegetable patties with steamed kale (see lentil and vegetable patties recipe)
<b>Liquids:</b>	2L water

**WEEK 4 - Day 7**

<b>Breakfast:</b>	2 slices sourdough toast with local honey, 80g ricotta and a pinch of cinnamon
<b>Snack:</b>	2 corn thins with ABC spread
<b>Lunch:</b>	100g zucchini slice with a green salad (see zucchini slice recipe)
<b>Snack:</b>	1 apple
<b>Dinner:</b>	150 g grilled salmon drizzled with lemon juice with salad of greens, red onion, broccoli and corn
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

**WEEK 5 - Day 1**

<b>Breakfast:</b>	Smoothie with 1 banana, ½ cup strawberries, 200ml oat milk, 1 tbsp yoghurt and 1 tsp chia seeds
<b>Snack:</b>	Handful of grapes
<b>Lunch:</b>	2 cups Syrian red lentil soup (freeze extra portions) (see syrian red lentil soup recipe)
<b>Snack:</b>	10 cashews
<b>Dinner:</b>	1 wholemeal pita bread topped with 30 ml pesto, diced tomato, spinach, red onions and mushrooms, baked for 10 minutes at 130 C
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

**WEEK 5 - Day 2**

<b>Breakfast:</b>	1 cup muesli with ½ cup blueberries and oat milk and coconut flakes
<b>Snack:</b>	8 raw brazil nuts
<b>Lunch:</b>	Grated carrot, beetroot, finely chopped celery & radish, ¼ avocado, baby spinach leaves, red onion, sunflower & sesame seeds and olive oil dressing
<b>Snack:</b>	1 pear
<b>Dinner:</b>	180 g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas
<b>Liquids:</b>	2 L water and dandelion leaf tea

**WEEK 5 - Day 3**

<b>Breakfast:</b>	Stewed apple & pear with cinnamon and 70 g natural yoghurt and 2 teaspoons chia seeds
<b>Snack:</b>	35 g pumpkin seeds
<b>Lunch:</b>	Salad of raw sliced fennel, orange segments, red onion, 80 g chickpeas with a dash of olive oil and lemon juice
<b>Snack:</b>	10 cashews and a banana
<b>Dinner:</b>	180g grilled lean turkey with steamed green beans, zucchini, mushrooms



<b>Liquids:</b>	2L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)
<b>WEEK 5 - Day 4</b>	
<b>Breakfast:</b>	Citrus Berry Smoothie - ½ cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds
<b>Snack:</b>	6 almonds & 15 g pumpkin seeds
<b>Lunch:</b>	Salad of spinach, salad greens, red onion, cucumbers and 95 g tinned tuna
<b>Snack:</b>	1 apple
<b>Dinner:</b>	2 lemongrass and chilli chicken drumsticks with sauteed kale ( make extra chicken for lunch tomorrow (see lemongrass and chilli chicken drumsticks recipe)
<b>Liquids:</b>	2 L water and chamomile tea

<b>WEEK 5 - Day 5</b>	
<b>Breakfast:</b>	2 scrambled eggs with diced tomato and 30 g fetta
<b>Snack:</b>	30 g trail mix (sunflower seeds, mixed nuts, raisins and pieces of dark chocolate or raw cacao nibs)
<b>Lunch:</b>	Chicken from 2 drumsticks, spring greens, rocket, 3 baby bocconcini with olive oil/balsamic dressing
<b>Snack:</b>	1 apple
<b>Dinner:</b>	150 g baked salmon with light glaze of 3 g ginger and 30 ml water with zucchini and broccoli sautéed in 30 ml of olive oil
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

<b>WEEK 5 - Day 6</b>	
<b>Breakfast:</b>	Banana Blueberry shake- 1 banana, ½ cup blueberries, 1 egg and 100 ml oat milk blended
<b>Snack:</b>	10 cashews
<b>Lunch:</b>	1 cup rice noodles with vegetables in a miso based broth (see rice noodles with vegetables in a miso broth recipe)
<b>Snack:</b>	Cucumbers and carrots
<b>Dinner:</b>	150 g baked chicken with pan-seared mushrooms, red onions and spinach
<b>Liquids:</b>	2 L water

<b>WEEK 5 - Day 7</b>	
<b>Breakfast:</b>	1 cup Bircher muesli with berries and yoghurt and 2 teaspoons chia seeds (see Toasted Muesli recipe)
<b>Snack:</b>	30 g trail mix
<b>Lunch:</b>	100g zucchini slice with a green salad (freeze extra portions) (see zucchini slice recipe)
<b>Snack:</b>	1 apple
<b>Dinner:</b>	Salad of 95 g canned tuna, salad greens, olives, cucumber, red onion and 15 ml balsamic vinegar
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

<b>WEEK 6 - Day 1</b>	
<b>Breakfast:</b>	Citrus Berry Smoothie- 1 cup fresh mixed berries, 70 g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds

<b>Snack:</b>	1 whole meal pita with hummus (see hummus recipe)
<b>Lunch:</b>	100 g canned 3 bean mix with 1 cup parsley, carrot, celery, rocket and lemon zest
<b>Snack:</b>	1 kiwi fruit
<b>Dinner:</b>	180 g snapper with oven roasted pumpkin and zucchini (see snapper with oven roasted pumpkin and zucchini recipe)
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 6 - Day 2

<b>Breakfast:</b>	1 cup muesli with ½ cup blueberries and oat milk and coconut flakes
<b>Snack:</b>	10 Tamari almonds
<b>Lunch:</b>	1 whole meal pita stuffed with 180 g chopped chicken, hummus, salad greens such as rocket (see hummus recipe)
<b>Snack:</b>	Fresh avocado dip and vegetable sticks
<b>Dinner:</b>	150 g tuna on a bed of bok choy, green beans and carrots drizzled with lemon juice
<b>Liquids:</b>	2 L water, chamomile tea (Sleep Aid)

#### WEEK 6 - Day 3

<b>Breakfast:</b>	Fetta scrambled eggs (see fetta scrambled eggs recipe)
<b>Snack:</b>	30 g dried fruit
<b>Lunch:</b>	150gr Salmon and green bean salad (see canned salmon and salad recipe)
<b>Snack:</b>	1 apple
<b>Dinner:</b>	300 ml miso soup with 100 g grilled chopped tofu and spinach
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 6 - Day 4

<b>Breakfast:</b>	1 poached egg on sourdough toast with tomato
<b>Snack:</b>	1 apple, 30 g trail mix (sunflower seeds, mixed nuts, cranberries, Goji berries and raw cacao nibs)
<b>Lunch:</b>	Salad of spinach, salad greens, red onion, cucumbers and 95 g tinned tuna
<b>Snack:</b>	2 corn thins with eggplant dip (see eggplant dip recipe)
<b>Dinner:</b>	150 g baked chicken with asparagus and a small green salad
<b>Liquids:</b>	2 L water

#### WEEK 6 - Day 5

<b>Breakfast:</b>	1 scrambled egg with ¼ avocado
<b>Snack:</b>	1 whole meal pita with hummus (see hummus recipe)
<b>Lunch:</b>	1 cup buckwheat noodles with vegetables in a miso based broth (see rice noodles with vegetables in a miso broth recipe)
<b>Snack:</b>	Carrots with eggplant dip (see eggplant dip recipe)
<b>Dinner:</b>	200 g grilled tofu on a bed of sautéed kale with tamari sauce
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 6 - Day 6

<b>Breakfast:</b>	Banana Blueberry shake- 1 banana, ½ cup blueberries, 1 egg and 100 ml oat milk blended
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<b>Snack:</b>	1 kiwifruit
<b>Lunch:</b>	100 g chicken with 300 ml miso soup and chopped seasonal vegetables
<b>Snack:</b>	1 apple
<b>Dinner:</b>	150 g grilled turkey with steamed vegetables and pumpkin and sweet potato mash
<b>Liquids:</b>	2 L water

#### WEEK 6 - Day 7

<b>Breakfast:</b>	Ricotta and cinnamon on sourdough toast with a little honey
<b>Snack:</b>	2 corn thins with ABC spread
<b>Lunch:</b>	2 cups Syrian red lentil soup (freeze extra portions) (see syrian red lentil soup recipe)
<b>Snack:</b>	1 apple
<b>Dinner:</b>	150 g grilled salmon drizzled with lemon juice with salad of greens, walnuts and cranberries
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 7 - Day 1

<b>Breakfast:</b>	1 poached egg over 1 slice sourdough toast topped with ¼ avocado
<b>Snack:</b>	Celery with 30gr ABC spread
<b>Lunch:</b>	2 cups Syrian red lentil soup (see syrian red lentil soup recipe)
<b>Snack:</b>	1 apple with 10 cashews
<b>Dinner:</b>	Salad of spinach, salad greens, cucumbers and 100 g kidney beans <i>Fact: Kidney beans are a great source of fiber and high-quality, protein Use extra virgin olive oil and lemon juice for dressing</i>
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 7 - Day 2

<b>Breakfast:</b>	1 cup seasonal fruit with 100g natural yoghurt mixed with 1 teaspoon chia seeds
<b>Snack:</b>	¼ avocado and 2 corn thins
<b>Lunch:</b>	1 whole meal pita stuffed with 120 g turkey, spinach, red onion and hummus (see hummus recipe)
<b>Snack:</b>	5 brazil nuts and 1 orange
<b>Dinner:</b>	150 g grilled snapper with 1 cup steamed broccoli, zucchini and squash
<b>Liquids:</b>	2 L water, Chamomile tea

#### WEEK 7 - Day 3

<b>Breakfast:</b>	1 dandelion leaf tea, 1 piece of sourdough toast with 40 g ricotta, cinnamon and honey
<b>Snack:</b>	Celery and carrot sticks with hummus (see hummus recipe)
<b>Lunch:</b>	2 x 80 g lentil and vegetable patties (see lentil and vegetable patties recipe)
<b>Snack:</b>	8 almonds and 1 apple
<b>Dinner:</b>	Tuna (95 g tin), asparagus and fetta salad (see tuna, asparagus and fetta salad)
<b>Liquids:</b>	2 L water 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 7 - Day 4

<b>Breakfast:</b>	1 cup Bircher muesli with berries and 50 g yoghurt (see Toasted Muesli recipe)
<b>Snack:</b>	30 g trail mix (sunflower seeds, mixed nuts, cranberries, goji berries and raw cacao)

	nibs)
<b>Lunch:</b>	Banana Strawberry Shake- 100 ml soy milk, 60 ml plain yoghurt, 1 tsp chia seeds, 1 banana and 5 strawberries blended
<b>Snack:</b>	1 apple
<b>Dinner:</b>	180 g grilled chicken with steamed asparagus and snow peas
<b>Liquids:</b>	2 L water

#### WEEK 7 - Day 5

<b>Breakfast:</b>	2 scrambled eggs with grilled tomato
<b>Snack:</b>	2 rice thins with avocado or tahini
<b>Lunch:</b>	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread)
<b>Snack:</b>	1 orange
<b>Dinner:</b>	150g grilled salmon with mushrooms, carrots & broccoli sprinkled with cayenne pepper
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 7 - Day 6

<b>Breakfast:</b>	Power smoothie: 150ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
<b>Snack:</b>	5 brazil nuts and 1 orange
<b>Lunch:</b>	2 cups Emma's immune boosting soup (freeze extra portions) (see Emma's immune boosting soup recipe)
<b>Snack:</b>	¼ avocado on 2 corn thins
<b>Dinner:</b>	Wheat free pizza (see wheat free pizza recipe)
<b>Liquids:</b>	2 L water

#### WEEK 7 - Day 7

<b>Breakfast:</b>	2 slices sourdough toast with local honey, 80g ricotta and a pinch of cinnamon
<b>Snack:</b>	Celery sticks and hummus (see hummus recipe)
<b>Lunch:</b>	95 g canned tuna sprinkled with lemon zest with lettuce and red onions on rice cakes
<b>Snack:</b>	30 g trail mix (sunflower seeds, mixed nuts, cranberries, goji berries and raw cacao nibs)
<b>Dinner:</b>	300 ml miso soup with 100 g sliced firm grilled tofu and bok choy
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

#### WEEK 8- Day 1

<b>Breakfast:</b>	Fetta scrambled eggs (see fetta scrambled eggs recipe)
<b>Snack:</b>	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>
<b>Lunch:</b>	1 whole meal pita stuffed with 120 g turkey, spinach, red onion and hummus (see hummus recipe)
<b>Snack:</b>	1 apple with 10 cashews
<b>Dinner:</b>	150 g grilled snapper with 1 cup steamed broccoli, zucchini and squash Salad of spinach, salad greens, cucumbers and 100 g kidney beans

	<b>Fact:</b> Kidney beans are a great source of fiber and high-quality, protein Use extra virgin olive oil and lemon juice for dressing
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 8- Day 2	
<b>Breakfast:</b>	1 cup seasonal fruit with 100g natural yoghurt mixed with 1 teaspoon chia seeds
<b>Snack:</b>	¼ avocado and 2 corn thins
<b>Lunch:</b>	2 cups Syrian red lentil soup (see syrian red lentil soup recipe)
<b>Snack:</b>	5 brazil nuts and 1 orange
<b>Dinner:</b>	Salad of spinach, salad greens, cucumbers and 100 g kidney beans <b>Fact:</b> Kidney beans are a great source of fiber and high-quality, protein Use extra virgin olive oil and lemon juice for dressing
<b>Liquids:</b>	2 L water, Chamomile tea

WEEK 8- Day 3	
<b>Breakfast:</b>	1 dandelion leaf tea, 1 piece of sourdough toast with 15 g ABC spread
<b>Snack:</b>	Celery and carrot sticks with hummus (see hummus recipe)
<b>Lunch:</b>	2 x 80 g lentil and vegetable patties (see lentil and vegetable patties recipe)
<b>Snack:</b>	8 almonds and 1 apple
<b>Dinner:</b>	Tuna (95 g tin), asparagus and fetta salad(see tuna, asparagus and fetta salad)
<b>Liquids:</b>	2 L water 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 8- Day 4	
<b>Breakfast:</b>	1 cup Bircher muesli with berries and 50 g yoghurt (see Toasted Muesli recipe)
<b>Snack:</b>	30 g trail mix (sunflower seeds, mixed nuts, cranberries, Goji berries and raw cacao nibs)
<b>Lunch:</b>	Banana Strawberry Shake- 100 ml soy milk, 60 ml plain yoghurt, 1 tsp chia seeds, 1 banana and 5 strawberries blended
<b>Snack:</b>	1 apple
<b>Dinner:</b>	180 g grilled chicken with steamed asparagus and snow peas
<b>Liquids:</b>	2 L water

WEEK 8- Day 5	
<b>Breakfast:</b>	2 scrambled eggs with grilled tomato & fetta
<b>Snack:</b>	2 rice thins with avocado or tahini
<b>Lunch:</b>	180 g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread)
<b>Snack:</b>	1 orange
<b>Dinner:</b>	150 g grilled salmon with mushrooms, carrots & broccoli sprinkled with cayenne pepper
<b>Liquids:</b>	2 L water and 150ml kale, apple, celery juice (see Energy Booster Juice recipe)

WEEK 8- Day 6	
<b>Breakfast:</b>	Power smoothie: 150ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
<b>Snack:</b>	5 brazil nuts and 1 orange
<b>Lunch:</b>	2 x 80 g Lentil and vegetable patties with steamed kale (see lentil and vegetable

	patties recipe)
<b>Snack:</b>	¼ avocado on 2 corn thins
<b>Dinner:</b>	180 g roasted chicken breast, roasted vegetables (see roast chicken breast with roast vegetables and blanched broccoli recipe)
<b>Liquids:</b>	2 L water

**WEEK 8- Day 7**

<b>Breakfast:</b>	2 slices sourdough toast with local honey, 80g ricotta and a pinch of cinnamon
<b>Snack:</b>	Celery sticks and hummus (see hummus recipe)
<b>Lunch:</b>	95 g canned tuna sprinkled with lemon zest with lettuce and red onions on rice cakes
<b>Snack:</b>	30 g trail mix
<b>Dinner:</b>	300ml miso soup with 100 g sliced firm grilled tofu and bok choy
<b>Liquids:</b>	2 L water, 150ml kale, apple, celery juice (see Energy Booster Juice recipe)