

EAT YOURSELF SEXY – 8 WEEK MEAL PLAN

Janine



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

WEEK 1 - Day 1	
Breakfast:	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>
Snack:	One small apple and 10 cashews. <i>Fact: Cashews contain oleic acid, a heart-healthy fatty acid found in olive oil.</i>
Lunch:	Warm Chicken salad with Quinoa & Pomegranate (see warm chicken salad with quinoa and pomegranate recipe)
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 30ml 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>
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 sourdough toast with avocado. <i>Fact: Soy milk is a good source of protein and fibre and a little vitamin B12.</i>
Snack:	1 unrefined whole wheat pita bread and 30g hummus (see hummus recipe). <i>Fact: Unrefined whole wheat products are full of essential nutrients including copper, calcium and fibre.</i>
Lunch:	225ml miso soup with 1 cup diced seasonal vegetables.
Snack:	200ml carrot, beetroot, celery and ginger juice (see liver cleanser juice recipe).
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 sourdough 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 juice on a bed of 1 cup 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 Chamomile tea (Sleep Aide).

WEEK 1 - Day 4

Breakfast:	½ cup rolled oats microwaved in 80ml soy milk, sprinkled with 10g cinnamon. <i>Fact: Cinnamon is a thermogenic substance, meaning it boosts the body's metabolism to promote fat burning throughout the day.</i>
Snack:	10 cashews and 30g mixed dried fruit.
Lunch:	180g baked chicken atop iceberg lettuce and spinach with chopped carrots, spring onions, 30g cranberries and 30g diced walnuts. Add 15ml 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>
Snack:	¼ avocado and 1 whole wheat pita. <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 capsicums.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger juice (see liver cleanser juice recipe).

WEEK 1 - Day 5

Breakfast:	1 poached egg topped with diced tomato on 1 slice sourdough 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 3 corn thins.
Snack:	Banana Strawberry Shake - 60ml soy milk, 60ml 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 (promotes healthy bowel movements).

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 sourdough topped with diced tomato.
Snack:	Carrot sticks with 30g hummus (see hummus recipe).
Dinner:	100g grilled tofu on a bed of whole grain rice (1/2 cup) and green vegetables. <i>Fact: Tofu is a great source of protein and helps control cholesterol levels.</i>
Liquids:	2 ml water, 150ml carrot, beetroot, celery and ginger juice (see liver cleanser juice recipe).

WEEK 1 - Day 7

Breakfast:	1 slice sourdough toast with a mix of 50g ricotta, 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.</i>
Lunch:	1 wholemeal 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>
Snack:	60g plain yoghurt mixed with 14 g flax seeds. <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids.</i>
Dinner:	200g baked salmon with light glaze of minced ginger and 30ml water with zucchini and eggplant sautéed in 30ml of olive oil. Ginger alleviates gastrointestinal issues and has anti-inflammatory compounds.
Liquids:	2L water and Dandelion tea (Liver Supporter).

WEEK 2 Day 2

Breakfast:	70g muesli mixed with blueberries and oat milk. <i>Fact: Oat milk is rich in magnesium, the anti-stress mineral.</i>
Snack:	150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).
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:	30g trail mix and 1 apple.
Dinner:	2 cups Syrian red lentil soup (see Syrian red lentil soup recipe)
Liquids:	2L water and chamomile tea.

WEEK 2 Day 3

Breakfast:	Banana Blueberry smoothie - 1 banana, 1 cup blueberries, 60ml plain yoghurt and 60ml oat milk blended. Honey to sweeten if needed.
Snack:	10 cashews and 1 apple.
Lunch:	½ cup boiled Quinoa with cooked, chopped seasonal vegetables.
Snack:	½ cup cucumbers and carrots.
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:	150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).
Lunch:	1 cup spelt with 95g canned salmon, chilli, garlic and 15ml olive oil drizzled over top.
Snack:	1 apple and handful grapes.
Dinner:	Salad of 180g grilled lamb, spring greens, olives, 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:	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.
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 dandelion tea (Liver Supporter).

WEEK 2 Day 6

Breakfast:	1 slice spelt bread with honey and 1 scrambled egg (use sourdough if cant find spelt).
Snack:	35g plain yoghurt mixed with pumpkin seeds and 1 apple.
Lunch:	180g 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</i>
Snack:	150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).
Dinner:	1 wholemeal pita stuffed with 180g chopped grilled chicken, spinach, cucumbers and 30ml tahini.
Liquids:	2L water and dandelion leaf tea.

WEEK 2 Day 7

Breakfast:	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and oat milk. Oat milk can be replaced by soy if can't find.
Snack:	30g pumpkin seeds.
Lunch:	300ml miso soup with bok choy, spinach and 100g chopped tofu.
Snack:	12 grapes and 30g trail mix.
Dinner:	200g baked salmon with baked leftover vegetables.
Liquids:	2L water and 30ml lemon juice with 250ml water (Antioxidant Drink).

WEEK 3 - Day 1

Breakfast:	1 poached egg over 1 slice sourdough 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:	Warm chicken salad (see warm chicken salad with quinoa and pomegranate recipe).
Snack:	1 apple with 10 cashews.
Dinner:	2 Lemongrass and Chilli Chicken Drumsticks with a green salad (see lemongrass and chilli chicken drumsticks recipe)
Liquids:	2L water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 3 - Day 2

Breakfast:	½ grapefruit and 1 scrambled egg.
Snack:	¼ avocado and 2 corn thins.
Lunch:	Canned Salmon and bean salad (same portion as the chicken salad) (see canned salmon and salad 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.

WEEK 3 - Day 3

Breakfast:	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
Snack:	Celery and ½ grapefruit.
Lunch:	2 x 100g salmon, tofu and broccoli patties (see salmon, tofu and broccoli patties recipe).
Snack:	Whole wheat crackers and 1 apple.
Dinner:	180g grilled pepper steak with green beans and sweet potato mash (see grilled pepper steak with French beans recipe).
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 3 - Day 4

Breakfast:	Scrambled tofu with tomatoes, mushrooms and fresh herbs.
Snack:	30g trail mix.
Lunch:	150g Zucchini slice (see zucchini slice recipe).
Snack:	1 apple and whole wheat crackers.
Dinner:	180g grilled chicken with asparagus and snow peas.
Liquids:	2L water.

WEEK 3 - Day 5

Breakfast:	Cinnamon stewed fruit with oat porridge (see cinnamon stewed fruit with quinoa/amaranth porridge recipe).
Snack:	2 corn thins with avocado or tahini.
Lunch:	Warm chicken salad (see warm chicken salad with quinoa and pomegranate recipe).
Snack:	1 orange.
Dinner:	200g grilled snapper with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 3 - Day 6

Breakfast:	1 cup muesli with ½ cup fruit of choice, 80g plain yoghurt and soy milk.
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.

WEEK 3 - Day 7

Breakfast:	2 egg omelette with 30g fetta and parsley.
Snack:	150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).
Lunch:	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack:	30g trail mix.
Dinner:	180g grilled chicken with sweet potato/ginger mash and 1 cup green vegetables.
Liquids:	2L water.

WEEK 4 - Day 1

Breakfast:	1 poached egg topped with diced tomato on 1 slice sourdough toast.
Snack:	5 brazil nuts and 1 orange.
Lunch:	95g canned salmon and green bean salad (see canned salmon and salad recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	250g grilled lamb cutlets with steamed vegetables.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 4 - Day 2

Breakfast:	2 slices sourdough toast with avocado and tomato.
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:	Grilled tofu with quinoa and vegetables (see grilled tofu with quinoa and vegetables recipe).

Liquids:	2L water, 225ml warm miso soup.
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WEEK 4 - 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:	180g lamb kebab with tahini sauce (see lamb kebabs with tahini sauce recipe).
Snack:	10 tamari almonds.
Dinner:	180g grilled snapper with a bed of ½ cup quinoa and steamed seasonal vegetables.
Liquids:	2L water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 4 - Day 4

Breakfast:	1 cup muesli with berries and 70g plain yoghurt and 2 teaspoons chia seeds.
Snack:	2 rice cakes with avocado or tahini.
Lunch:	2 x 100g lentil and vegetable patties (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 4 - Day 5

Breakfast:	90g rolled oats microwaved with 80ml water and 1 tsp. lemon juice. Add 30g frozen berries for flavor.
Snack:	1 apple and 10 cashews.
Lunch:	Zucchini slice (see zucchini slice recipe).
Snack:	5 brazil nuts.
Dinner:	200g baked salmon on a bed of salad greens, baby spinach, red cabbage and snow peas topped with 30ml of equal parts lemon juice and water for flavor.
Liquids:	2L of water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 4 - Day 6

Breakfast:	Power smoothie: 100ml milk, 30gr rolled oats, 70gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
Snack:	One banana.
Lunch:	180g turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack:	10 brazil nuts.
Dinner:	150g grilled pepper steak with French beans (see grilled pepper steak with French beans recipe).
Liquids:	2L water and 80ml carrot juice and a lemongrass tea.

WEEK 4 - Day 7

Breakfast:	Wholemeal flour pancakes with fresh fruit, yoghurt (see wholemeal spelt flour pancakes with fresh fruit & natural yoghurt recipe).
Snack:	10 cashews.

Lunch:	Tuna, asparagus and fetta salad (see tuna, asparagus and fetta salad recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed green vegetables (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 5 - Day 1

Start every day with half a lemon squeezed into warm water

Have Epsom salt baths (500grams per bath) 3 times a week

Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoon chia seeds.
Snack:	Carrots and 12 grapes.
Lunch:	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.
Snack:	1 banana and 10 cashews.
Dinner:	180g organic steak with blanched green beans and a large green salad.
Liquids:	2L water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 5 - Day 2

Breakfast:	1 cup muesli with ½ cup blueberries, oat milk and coconut flakes.
Snack:	8 raw brazil nuts.
Lunch:	Grated carrot, beetroot, finely chopped celery & radish, ¼ avocado, baby spinach leaves, sunflower & sesame seeds and olive oil dressing.
Snack:	10 grapes and ½ cup pomegranate seeds. <i>Fact: Pomegranates are a wonderful source of antioxidants.</i>
Dinner:	180g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water and dandelion leaf tea.

WEEK 5 - Day 3

Breakfast:	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds.
Snack:	35g pumpkin seeds and 1 apple.
Lunch:	Warm chicken salad with quinoa & pomegranate (see warm chicken salad with quinoa and pomegranate recipe).
Snack:	10 cashews and a banana.
Dinner:	180g grilled lean turkey with steamed green beans, zucchini, mushrooms.
Liquids:	2L water 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 5 - Day 4

Breakfast:	1 cup muesli mixed with ¼ cup blueberries and oat milk with 2 teaspoons chia seeds.
Snack:	5 strawberries and 15g pumpkin seeds.
Lunch:	Salad of spinach, salad greens, cucumbers and 80g kidney beans.
Snack:	30g trail mix and 1 apple.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed greens (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water and chamomile tea.

WEEK 5 - Day 5

Breakfast:	2 scrambled eggs with diced tomato and 30g fetta.
Snack:	30g trail mix (sunflower seeds, mixed nuts, raisins and raw cacao nibs).
Lunch:	1 whole wheat pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C.
Snack:	70g plain yoghurt mixed with 14g flax seeds and 2 teaspoons chia seeds.
Dinner:	200g baked salmon with light glaze of 3g ginger and 30ml water with zucchini and broccoli sautéed in 30ml of olive oil.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 5 - Day 6

Breakfast:	Banana Blueberry shake - 1 banana, ½ cup blueberries, 1 egg and 100ml oat milk blended.
Snack:	10 cashews and ½ cup pomegranate seeds.
Lunch:	1 cup rice noodles with vegetables in a miso based broth (see rice noodles with vegetables in a miso broth recipe).
Snack:	Cucumbers and carrots.
Dinner:	200g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water.

WEEK 5 - Day 7

Breakfast:	1 cup Bircher muesli with berries and yoghurt and 2 teaspoons chia seeds.
Snack:	30g trail mix.
Lunch:	Quinoa with chicken, spinach, mushroom and tomato sauce (see warm chicken salad with quinoa and pomegranate recipe).
Snack:	1 apple and handful grapes.
Dinner:	Steamed snapper with shiitake mushrooms and ginger (see steamed snapper with fresh shiitake mushrooms and ginger recipe).
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 6 - Day 1

Start every day with half a lemon squeezed into warm water.
Have Epsom salt baths (500grams per bath) 3 times a week.
Don't forget your Liver Tonic twice a day as well

Breakfast:	1 poached egg topped with diced tomato on 1 slice sourdough toast.
Snack:	5 brazil nuts and 1 orange.
Lunch:	95g canned salmon and green bean salad (see canned salmon and salad recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	1 cup tempeh and vegetable stir fry with ½ cup buckwheat noodles (see tempeh and vegetable stir fry with buckwheat noodles recipe).
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 6 - Day 2

Breakfast:	2 slices sourdough toast with avocado and tomato.
Snack:	1 pear and 10 Tamari almonds.
Lunch:	150g turkey wrap with salad on whole meal pita (see turkey wrap with salad on flat bread recipe).
Snack:	10 cashews and one banana.
Dinner:	2 grilled lamb cutlets with steamed vegetables.
Liquids:	2L water, 225ml warm miso soup.

WEEK 6 - 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 Syrian red lentil soup (freeze some for another meal) (see Syrian red lentil soup recipe).
Snack:	10 Tamari almonds.
Dinner:	80g grilled tofu on a bed of ½ cup quinoa and steamed seasonal vegetables.
Liquids:	2 ml water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 6 - Day 4

Breakfast:	1 cup Bircher muesli with berries and 70g plain yoghurt and 2 teaspoons chia seeds (see toasted muesli recipe).
Snack:	2 rice cakes with avocado or tahini.
Lunch:	2 x 80g lentil and vegetable patties (freeze some for another meal) (see lentil and vegetable patties recipe).
Snack:	Raw carrot or celery sticks with hummus (see hummus recipe).
Dinner:	150g 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 6 - Day 5

Breakfast:	90g rolled oats microwaved with 80ml water and 1 tsp. lemon juice. Add 30g frozen berries for flavor.
Snack:	1 apple and 10 cashews.
Lunch:	Treat yourself and go out to a café! Apply your new found knowledge to make a healthy selection.
Snack:	5 brazil nuts.
Dinner:	150g baked salmon on a bed of spring greens, baby spinach, red cabbage and snow peas topped with 30ml of equal parts lemon juice and water for flavor.
Liquids:	2L of water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 6 - Day 6

Breakfast:	Power smoothie: 100ml almond milk, 30gr rolled oats, 70gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
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Snack:	One banana.
Lunch:	150g turkey wrap with salad on whole meal pita (see turkey wrap with salad on flat bread recipe).
Snack:	10 walnuts.
Dinner:	150g grilled pepper steak with French beans (see grilled pepper steak with French beans recipe).
Liquids:	2L water and a Chamomile tea.

WEEK 6 - Day 7

Breakfast:	Whole meal spelt flour pancakes with fresh fruit, yoghurt (see wholemeal spelt flour pancakes with fresh fruit & natural yoghurt recipe).
Snack:	10 cashews.
Lunch:	Chicken, quinoa and pomegranate salad (see warm chicken salad with quinoa and pomegranate recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed green vegetables (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 7 - Day 1

Breakfast:	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons china 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 carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 7 - Day 2

Breakfast:	2 fetta scrambled eggs (see fetta scrambled eggs recipe).
Snack:	1 apple with 10 Tamari almonds.
Lunch:	150g turkey wrap with salad on whole meal pita (see turkey wrap with salad on flat bread recipe).
Snack:	2 Corn cakes with ABC spread.
Dinner:	1 ½ cups Barley risotto (see barley risotto recipe).
Liquids:	2L water, 30ml lemon juice with 225ml water.

WEEK 7 - 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 80gr, add sliced red/green capsicum, corn and salad greens.

Snack:	Chopped cucumber and hummus (see hummus recipe).
Dinner:	150g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 7 - Day 4

Breakfast:	2 Whole meal Spelt Flour Pancakes with Fresh Fruit & Natural Yoghurt (see wholemeal spelt flour pancakes with fresh fruit & natural yoghurt recipe).
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
Snack:	1/2 avocado mashed into a dip and vegetable sticks.
Dinner:	150g tuna steak on a bed of salad greens, cucumbers and fetta drizzled with lemon juice.
Liquids:	2L water, chamomile tea.

WEEK 7 - Day 5

Breakfast:	Power smoothie: 100ml oat milk, 30gr rolled oats, 1tsp spirulina, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
Snack:	1 whole meal pita with chickpea hummus (see hummus recipe).
Lunch:	Chicken, quinoa and pomegranate salad (see warm chicken salad with quinoa and pomegranate recipe).
Snack:	1 apple with 8 cashews.
Dinner:	150g grilled steak with steamed broccoli, beans and carrots.
Liquids:	2L water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 7 - Day 6

Breakfast:	1 poached egg topped with diced tomato on 1 slice sourdough toast.
Snack:	Celery sticks and 10g pumpkin seeds.
Lunch:	95g canned salmon and green bean salad (see canned salmon and salad recipe).
Snack:	1 apple.
Dinner:	300ml miso soup with 100g grilled chopped tofu and bok choy.
Liquids:	2 ml water, Chamomile tea.

WEEK 7 - Day 7

Breakfast:	1 cup Bircher muesli with berries and 50g yoghurt (see toasted muesli recipe).
Snack:	1 apple, 30g trail mix.
Lunch:	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack:	2 corn thins with avocado or tahini.
Dinner:	150g baked snapper with steamed Broccoli, squash and zucchini (see snapper with oven roasted pumpkin and zucchini recipe).
Liquids:	2L water, 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 8 - 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). 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.
Lunch:	1 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C. Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent cancer.
Snack:	60g plain yoghurt mixed with 14 g flax seeds. Fact: Flax seeds are an excellent source of omega-3 fatty acids.
Dinner:	150g baked salmon with light glaze of 3g ginger and 30ml water with broccoli and eggplant sautéed in 30ml of olive oil.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 8 - Day 2

Breakfast:	70g muesli mixed with blueberries and oat milk. Fact: Oat milk is rich in magnesium, the anti-stress mineral.
Snack:	5 strawberries and 15g pumpkin seeds
Lunch:	Salad of spinach, salad greens, cucumbers and 80g kidney beans. Fact: Kidney beans are a great source of fiber and high-quality, protein.
Snack:	30g trail mix and 1 apple.
Dinner:	Organic Quinoa with 150g Chicken, Spinach, Mushroom and Tomato Sauce.
Liquids:	2L water and chamomile tea.

WEEK 8 - 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:	Green power (see green power dinner recipe).
Snack:	Cucumbers and carrots.
Dinner:	180g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 8 - Day 4

Breakfast:	2 egg omelette with fetta and tomato.
Snack:	30g trail mix.
Lunch:	150g turkey wrap with salad on whole meal pita (see turkey wrap with salad on flat bread recipe).
Snack:	1 apple and handful grapes.
Dinner:	Salad of 180g grilled lamb, salad greens, olives, cucumber and 15ml balsamic vinegar.
Liquids:	2L water and peppermint tea.

WEEK 8 - Day 5

Breakfast:	150g Scrambled Tofu with Tomato, Mushrooms and Fresh Herbs.
Snack:	Carrots and grapes.
Lunch:	1 whole meal pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
Snack:	1 banana and 10 cashews.
Dinner:	1 cup squash, eggplant and mushrooms with ½ cup cooked brown rice, add Tamari to taste.
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).

WEEK 8 - Day 6

Breakfast:	2 slices sourdough 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:	150g grilled steak with broccoli and sweet potato/ginger mash.
Liquids:	2L water and dandelion leaf tea.

WEEK 8 - Day 7

Breakfast:	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and oat milk (see toasted muesli recipe).
Snack:	30g pumpkin seeds.
Lunch:	300ml miso soup with bok choy, spinach and 100g 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).
Liquids:	2L water and 150ml carrot, beetroot, celery and ginger (see liver cleanser juice recipe).