

EAT YOURSELF SEXY – 8 WEEK MEAL PLAN
LISA



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

WEEK 1 – Day 1	
Breakfast:	2 scrambled eggs and 1 cup fresh fruit.
Snack:	30 g 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:	150g grilled turkey with lettuce, red cabbage, tomato and hummus on pita bread (see hummus recipe).
Snack:	60g plain yoghurt mixed with 14g flax seeds. <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids.</i>
Dinner:	150g baked salmon with 1 cup steamed broccoli, zucchini and squash (see baked salmon on a bed of vegetables recipe).
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe)

WEEK 1 – Day 2	
Breakfast:	1 cup raw muesli mixed with ½ cup blueberries and oat milk. <i>Fact: Oat milk is rich in magnesium, the anti-stress mineral.</i>
Snack:	5 strawberries and 15g pumpkin seeds.
Lunch:	Salad of spinach, salad greens, cucumbers and 100g 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 (make extra and freeze) (see syrian red lentil soup recipe).
Liquids:	2L water and chamomile tea.

WEEK 1 – Day 3	
Breakfast:	Banana Blueberry smoothie - 1 banana, ½ cup blueberries, 60g plain yoghurt and 200ml oat milk blended.
Snack:	10 cashews and 1 apple.
Lunch:	½ cup boiled Quinoa with 1 cup chopped zucchini, squash, broccoli and carrots, add 15ml tamari/extra virgin olive oil and a pinch of Dulse flakes for seasoning.
Snack:	Cucumber and carrot sticks with hummus (see hummus recipe).

Dinner:	150g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 1 – Day 4

Breakfast:	2 egg omelette with mushroom, tomato and parsley.
Snack:	30g trail mix.
Lunch:	95g canned salmon and green bean salad (see canned salmon and green bean salad recipe).
Snack:	1 apple and handful grapes.
Dinner:	Salad of 150g grilled lamb, salad greens, olives, cucumber and 15 ml balsamic vinegar/olive oil.
Liquids:	2L water and peppermint tea.

WEEK 1 – Day 5

Breakfast:	70g plain yoghurt with 10 g flax seeds, 2 teaspoons coconut flakes 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:	Carrots and grapes.
Lunch:	2 cups Syrian red lentil soup (make extra soup and freeze) (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 cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 1 – 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:	150g grilled chicken with salad greens such as lettuce, rocket and spinach. 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 tuna with sweet potato & ginger mash and steamed beans.
Liquids:	2L water and dandelion leaf tea.

WEEK 1 – Day 7

Breakfast:	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and oat milk.
Snack:	30g pumpkin seeds.
Lunch:	2 x 80g salmon, tofu and broccoli patties (make extra and freeze) (see salmon tofu and broccoli patties recipe).
Snack:	12 grapes and 30g trail mix.
Dinner:	150g steak with green beans and broccoli.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 2 - Day 1	
Breakfast:	Citrus Berry Smoothie - 1 cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 15ml honey blended, 2 teaspoons chia seeds.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	150g turkey with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	1 kiwi fruit, 10 almonds.
Dinner:	200g grilled lean lamb with oven roasted pumpkin and zucchini.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 2 - Day 2	
Breakfast:	1 cup muesli, 70 g yoghurt with coconut flakes and 14 g flax seeds. Add milk if you need. Fact: Coconut is full fiber and minerals essential for healthy hair and skin.
Snack:	1 apple, 10 Tamari almonds.
Lunch:	1 whole wheat pita stuffed with 180g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
Snack:	Fresh avocado dip (1/2 avocado mashed up) and carrot, celery and capsicum sticks.
Dinner:	150g grilled beef on a bed of bok choy, green beans and carrots sprinkled with lemon juice.
Liquids:	2L water, chamomile tea (Sleep Aid).

WEEK 2 - Day 3	
Breakfast:	2 poached eggs on sourdough toast with grilled tomatoes.
Snack:	30g dried fruit, 1 pear.
Lunch:	Zucchini slice (this can be made the day before) (view zucchini slice recipe).
Snack:	1 apple, 10 walnuts.
Dinner:	180g grilled chicken with 1 cup steamed carrots, broccoli and peas.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 2 - Day 4	
Breakfast:	1 cup Bircher muesli with berries and yoghurt (see toasted muesli recipe).
Snack:	1 apple, 30g trail mix.
Lunch:	150g turkey with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	2 corn thins with eggplant dip (see eggplant dip recipe)
Dinner:	200g baked salmon with asparagus and a green salad (see baked salmon on a bed of vegetables).
Liquids:	2L water

WEEK 2 - Day 5	
Breakfast:	2 scrambled eggs with mushrooms and sourdough toast.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	2 cups Syrian red lentil soup with 2 corn thins (see syrian red lentil soup recipe).
Snack:	Carrots with eggplant dip (see eggplant dip recipe).
Dinner:	200g grilled tofu on a bed of wilted greens with tamari sauce.

Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).
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WEEK 2 - Day 6

Breakfast:	Sourdough toast with baked beans.
Snack:	1 kiwifruit and 30g trail mix.
Lunch:	150g turkey with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	Sliced cucumber and 1 apple.
Dinner:	2 organic lamb sausages with steamed vegetables and pumpkin & sweet potato mash.
Liquids:	2L water.

WEEK 2 - Day 7

Breakfast:	Scrambled eggs with grilled tomato on sourdough toast.
Snack:	2 corn thins with ABC spread.
Lunch:	150g turkey with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	1 apple, 30g trail mix.
Dinner:	180g grilled beef sprinkled with salad of greens, walnuts, cabbage and cranberries.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 3 - Day 1

Breakfast:	100g plain yoghurt with 10 g 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 500 ml water.
Snack:	1 banana and 10 cashews.
Dinner:	180g organic steak with blanched green beans and a large green salad.
Liquids:	2L water, Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 3 - 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 8 Tamari almonds.
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 3 - 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:	Salad of raw sliced fennel, orange segments, spinach, 100g chickpeas with a dash of

	olive oil and lemon juice.
Snack:	10 cashews and a banana
Dinner:	180g grilled lean turkey with 1 cup steamed green beans, zucchini, broccoli.
Liquids:	2L water and Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe)

WEEK 3 - Day 4

Breakfast:	1 cup muesli mixed with ¼ cup blueberries and oat milk with 2 teaspoons chia seeds.
Snack:	1 apple and 15g pumpkin seeds.
Lunch:	Salad of spinach, salad greens, cucumbers and 100g thinly sliced grilled beef.
Snack:	30g trail mix (sunflower seeds, mixed nuts, raisins and pieces of dark chocolate or raw cacao nibs) and 1 apple.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed greens (see lemongrass and chilli chicken drumsticks).
Liquids:	2L water and chamomile tea.

WEEK 3 - Day 5

Breakfast:	2 scrambled eggs with diced tomato and 30g fetta.
Snack:	30g trail mix (sunflower seeds, mixed nuts, raisins and pieces of dark chocolate or raw cacao nibs).
Lunch:	1 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C.
Snack:	1 apple.
Dinner:	150g 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 Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 3 - Day 6

Breakfast:	Banana Blueberry Shake- 1 banana, ½ cup blueberries, 1 tsp chia seeds, 1 egg and 100ml oat milk blended.
Snack:	10 cashews and 1 banana.
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:	150g baked chicken with pan-seared spinach steamed corn.
Liquids:	2L water.

WEEK 3 - Day 7

Breakfast:	1 cup Bircher muesli with berries and yoghurt and 2 teaspoons chia seeds (see toasted muesli recipe).
Snack:	30g trail mix.
Lunch:	Pita bread wrap with salad and left over organic chicken.
Snack:	1 apple and handful grapes.
Dinner:	150g grilled lean lamb with oven roasted pumpkin and zucchini.
Liquids:	2L water and Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 4 - Day 1	
Breakfast:	Stewed apple & pear with cinnamon and 70g 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 cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 4 - Day 2	
Breakfast:	1 cup Bircher muesli with berries and yoghurt and 2 teaspoons chia seeds (see toasted muesli recipe).
Snack:	1 apple with 10 Tamari almonds.
Lunch:	Pita bread wrap with salad and 100 g chicken.
Snack:	2 Corn thins with ABC spread.
Dinner:	150g seared tuna with a green salad .
Liquids:	2L water, 30 ml lemon juice with 225ml water.

WEEK 4 - Day 3	
Breakfast:	2 scrambled eggs with diced tomato and 30 g fetta.
Snack:	1 kiwifruit.
Lunch:	Bean salad – rinse a can of three beans well & use 80g, add sliced red & green capsicum, corn, grated carrot 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 and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 4 - Day 4	
Breakfast:	100g yoghurt with coconut flakes and 14 g flax seeds.
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 100g turkey, spinach, spring onion and hummus (see hummus recipe).
Snack:	Fresh avocado dip (mash half a fresh avocado) and vegetable sticks.
Dinner:	150g tuna steak with 1 cup steamed broccoli, peas and carrots.
Liquids:	2L water, chamomile tea.

WEEK 4 - Day 5	
Breakfast:	Power smoothie: 100ml oat milk, 30gr rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	Kiwi fruit.
Lunch:	3 bean salad (100g) with rocket, carrots and pumpkin seeds.
Snack:	1 apple with 8 cashews.

Dinner:	150g snapper with ½ cup quinoa and steamed broccoli.
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 4 - Day 6

Breakfast:	1 cup muesli with ½ cup blueberries, oat milk and coconut flakes.
Snack:	Celery sticks and 10g pumpkin seeds.
Lunch:	100g turkey with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	1 apple.
Dinner:	150g baked chicken with pan-seared spinach steamed corn.
Liquids:	2L water, Peppermint tea.

WEEK 4 - 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 rice cakes with avocado or tahini.
Dinner:	150g grilled lamb with asparagus and zucchini.
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 5 - Day 1

Breakfast:	Citrus Berry Smoothie - 1/2 cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 15ml honey blended, 2 teaspoons chia seeds.
Snack:	10 Tamari almonds.
Lunch:	100g canned 3 bean mix with 1 cup parsley, ½ cup quinoa and lemon zest.
Snack:	1 kiwi fruit
Dinner:	180g snapper with oven roasted pumpkin and zucchini (see snapper with oven roasted pumpkin and zucchini).
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 5 - Day 2

Breakfast:	100g yoghurt with coconut flakes and 15g flax seeds. <i>Fact: Coconut is full fiber and minerals essential for healthy hair and skin.</i>
Snack:	1 apple, 10 Tamari almonds.
Lunch:	1 whole meal pita stuffed with 180g chopped chicken, hummus, salad greens such as rocket.
Snack:	Fresh avocado dip (mash half an avocado) and vegetable sticks.
Dinner:	150g tuna on a bed of bok choy, green beans and carrots drizzled with lemon juice.
Liquids:	2L water, chamomile tea (Sleep Aid).

WEEK 5 - Day 3

Breakfast:	Fetta scrambled eggs (see fetta scrambled eggs recipe).
Snack:	8 Brazil nuts.
Lunch:	150g salmon and green bean salad (see canned salmon and green bean salad recipe).

Snack:	1 apple.
Dinner:	1 wheat free pizza (see wheat-free-pizza recipe).
Liquids:	2L water, and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 5 - Day 4

Breakfast:	1 cup Bircher muesli with ½ cup berries and 50g yoghurt (see toasted muesli recipe).
Snack:	1 apple.
Lunch:	2 cups Syrian red lentil soup (freeze extra portions) (see syrian red lentil soup recipe).
Snack:	2 corn thins with eggplant dip (see eggplant dip recipe).
Dinner:	150g baked salmon with asparagus and a small green salad.
Liquids:	2L water.

WEEK 5 - Day 5

Breakfast:	1 scrambled egg with ¼ avocado.
Snack:	1 apple.
Lunch:	1 cup buckwheat noodles with vegetables in a miso based broth.
Snack:	Carrots with eggplant dip (see eggplant dip recipe).
Dinner:	150g grilled steak with sweet potato mash and steamed broccoli.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 5 - Day 6

Breakfast:	Sourdough toast with baked beans.
Snack:	1 kiwifruit.
Lunch:	100g chicken with 300 ml miso soup and chopped seasonal vegetables.
Snack:	Sliced cucumber and 1 apple.
Dinner:	2 organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water.

WEEK 5 - Day 7

Breakfast:	2 scrambled eggs with diced tomato and 30g fetta.
Snack:	2 corn thins with ABC spread.
Lunch:	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg.
Snack:	1 apple.
Dinner:	150g grilled lamb drizzled with lemon juice with salad of greens, grated carrot, grated beetroot and cucumber.
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 6 - Day 1

Breakfast:	Stewed apple & pear with cinnamon and 70g 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:	2 organic lamb sausages with steamed vegetables and pumpkin & sweet potato mash.
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 6 - Day 2

Breakfast:	Scrambled eggs with fetta.
Snack:	1 apple with 10 Tamari almonds.
Lunch:	2 x 80 salmon, tofu & broccoli patties (freeze extra portions) (see salmon tofu and broccoli patties recipe)
Snack:	2 corn thins with ABC spread.
Dinner:	150g lean steak grilled with a green salad.
Liquids:	2L water, 15ml lemon juice with 225 ml water.

WEEK 6 - Day 3

Breakfast:	100g 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 100g, add sliced red, green 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 and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 6 - Day 4

Breakfast:	1 slice sourdough toast with a poached egg and grilled mushroom.
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
Snack:	Fresh avocado dip and vegetable sticks.
Dinner:	Barley Risotto (see barley risotto).
Liquids:	2L water, chamomile tea.

WEEK 6 - Day 5

Breakfast:	Power smoothie: 100ml oat milk, 30g rolled oats, 1tsp spirulina, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	1 apple.
Lunch:	2 cups Syrian red lentil soup (freeze extra portions) (see syrian red lentil soup recipe).
Snack:	10 cashews.
Dinner:	150g grilled snapper with ½ cup quinoa and steamed broccoli.
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 6 - Day 6

Breakfast:	2 poached eggs on sourdough toast with spinach.
Snack:	Celery sticks and 10g pumpkin seeds.
Lunch:	120g turkey with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	1 apple.
Dinner:	1 wheat free pizza (see wheat-free-pizza recipe).
Liquids:	2L water.

WEEK 6 - Day 7

Breakfast:	1 cup Bircher muesli with berries and 50g yoghurt (see toasted muesli recipe).
Snack:	1 apple, 30g trail mix (sunflower seeds, mixed nuts, raisins and pieces of dark chocolate or raw cacao nibs).
Lunch:	2 x 80g lentil and vegetable patties (freeze extra portions) (see lentil and vegetable patties recipe).
Snack:	2 rice thins with avocado or tahini.
Dinner:	150g poached salmon with asparagus, zucchini & cauliflower.
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 7 - Day 1

Breakfast:	Citrus Berry Smoothie- 1 cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds.
Snack:	10 Brazil nuts.
Lunch:	1 whole meal pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
Snack:	1 kiwi fruit.
Dinner:	180 g snapper with oven roasted pumpkin and zucchini (see snapper with oven roasted pumpkin and zucchini).
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 7 - Day 2

Breakfast:	2 scrambled eggs with 30g fetta.
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 100g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
Snack:	Fresh avocado dip and vegetable sticks.
Dinner:	150g lamb on a bed of bok choy, green beans and carrots drizzled with lemon juice.
Liquids:	2L water, chamomile tea (Sleep Aid).

WEEK 7 - Day 3

Breakfast:	100g yoghurt and ½ cup mixed berries with 2 teaspoons chia seeds and coconut flakes.
Snack:	8 Tamari almonds.
Lunch:	150g Salmon and green bean salad (see canned salmon and green bean salad recipe).
Snack:	1 apple.

Dinner:	150g poached chicken with bok choy, mushrooms and zucchini.
Liquids:	2L water, and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 7 - Day 4

Breakfast:	1 cup Bircher muesli with berries and yoghurt (see toasted muesli recipe).
Snack:	1 apple.
Lunch:	2 x 80g lentil and vegetable patties (freeze extra portions) (see lentil and vegetable patties recipe).
Snack:	2 corn thins with eggplant dip (see eggplant dip recipe).
Dinner:	150g poached salmon with asparagus and a small green salad.
Liquids:	2L water.

WEEK 7 - Day 5

Breakfast:	1 scrambled egg with ¼ avocado.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	1 cup buckwheat noodles with vegetables in a miso based broth.
Snack:	Carrots with eggplant dip (see eggplant dip recipe).
Dinner:	Wheat free pizza (see wheat-free-pizza recipe).
Liquids:	2L water and 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 7 - Day 6

Breakfast:	Sourdough toast with avocado and tomato.
Snack:	1 kiwifruit.
Lunch:	Zucchini slice (freeze extra) with green salad (see zucchini slice recipe).
Snack:	Sliced cucumber and 1 apple.
Dinner:	2 organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water.

WEEK 7 - Day 7

Breakfast:	1 slice sourdough toast with a poached egg and grilled mushroom.
Snack:	2 corn thins with ABC spread.
Lunch:	2 cups Syrian red lentil soup (freeze extra portions) (see syrian red lentil soup recipe).
Snack:	1 apple.
Dinner:	150g lean steak with sautéed mushrooms and steamed cauliflower.
Liquids:	2L water, 150ml cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 8 - Day 1

Breakfast:	100g plain yoghurt with 10 g flax seeds and 2 teaspoon chia seeds.
Snack:	1 apple.
Lunch:	2 cups Syrian red lentil soup (freeze extra) (see syrian red lentil soup recipe).
Snack:	10 cashews.
Dinner:	150g organic steak with blanched green beans, grilled mushroom and a green salad.
Liquids:	2L water, Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see

	turbocharger juice recipe).
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WEEK 8 - Day 2	
Breakfast:	1 cup muesli with ½ cup blueberries, oat milk and coconut flakes.
Snack:	8 brazil nuts.
Lunch:	Grated carrot, beetroot, finely chopped celery & radish, ¼ avocado, baby spinach leaves, sunflower & sesame seeds and olive oil dressing.
Snack:	1 banana.
Dinner:	150g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, mushrooms, broccoli & snow peas.
Liquids:	2L water and dandelion leaf tea.

WEEK 8 - Day 3	
Breakfast:	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds.
Snack:	1 apple.
Lunch:	Salad of raw sliced fennel, orange segments, spinach, 100g chickpeas with a dash of olive oil and lemon juice.
Snack:	10 cashews.
Dinner:	150g grilled lean turkey with 1 cup steamed green beans, zucchini, broccoli.
Liquids:	2L water and Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 8 - Day 4	
Breakfast:	1 cup muesli mixed with ¼ cup blueberries and oat milk with 2 teaspoons chia seeds.
Snack:	15g pumpkin seeds and 8 cashews.
Lunch:	Salad of spinach, salad greens, cucumbers and 100g thinly sliced grilled beef.
Snack:	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 8 - Day 5	
Breakfast:	2 scrambled eggs with diced tomato, mushrooms and 30g fetta.
Snack:	2 rice thins with ABC spread.
Lunch:	1 whole meal pita stuffed with 80g turkey, spinach, spring onion and hummus (see hummus recipe).
Snack:	1 apple.
Dinner:	150g 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 Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).

WEEK 8 - Day 6	
Breakfast:	Banana Blueberry shake - 1 banana, ½ cup blueberries, 1 tsp chia seeds, 1 egg and 100ml oat milk blended.
Snack:	10 cashews and 1 banana.

Lunch:	Zucchini slice (should have in freezer) with green salad.
Snack:	2 rice thins with avocado.
Dinner:	150g baked chicken with pan-seared spinach & steamed corn.
Liquids:	2L water.

WEEK 8 - Day 7

Breakfast:	1 cup Bircher muesli with berries and yoghurt and 2 teaspoons chia seeds (see toasted muesli recipe).
Snack:	Handful of grapes.
Lunch:	Pita bread wrap with salad and left over chicken.
Snack:	1 apple.
Dinner:	150g grilled lean lamb with oven roasted pumpkin, mushroom and zucchini.
Liquids:	2L water and Juice – cucumber, apple, pineapple, spinach, whole lemon, ginger (see turbocharger juice recipe).