

EAT YOURSELF SEXY – 8 WEEK MEAL PLAN
Michelle



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.</i> <i>Fact: 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:	2 x 80g lentil and vegetable patties (freeze extra portions) (see lentil and vegetable patties 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 fiber and are a strong antioxidant.</i>
Dinner:	150g baked salmon on a bed of salad greens, baby spinach, red cabbage and snow peas topped with 15ml of lemon juice and 15ml extra virgin olive oil 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, 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 1- Day 2	
Breakfast:	1 poached egg on 1 slice sourdough toast with avocado.
Snack:	1 whole meal pita bread and 30g hummus (see hummus recipe). <i>Fact: Whole meal products are full of essential nutrients including copper, calcium and fiber.</i>
Lunch:	1 cup cooked spelt pasta topped with 5ml extra-virgin olive oil and 30g diced tomato with ½ cup green vegetables. <i>Fact: Olive oil contains monounsaturated fatty acid, which prevents heart disease by controlling LDL (low-density lipoprotein) levels in the bloodstream. Tomatoes contain lycopene, an antioxidant that fights against cancerous cell formation.</i>
Snack:	10 almonds and 1 pear.
Dinner:	95g canned tuna (in water) on a bed of spinach, rocket, capsicum, carrots and olives sprinkled with black pepper and dash of Celtic sea salt to taste and 10ml extra virgin olive oil.

	Fact: Spinach is an important source of calcium, which protects against osteoporosis.
Liquids:	2L water, Chamomile tea (Sleep Aid).

WEEK 1- Day 3

Breakfast:	Two slices sourdough toast with local honey and one cup almond milk. 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.
Snack:	One banana. Fact: Bananas are full of potassium, which helps promote muscle strength and electrolyte balance.
Lunch:	2 x 80g salmon, tofu and broccoli patties (freeze extra portions) (see salmon, tofu and broccoli patties recipe).
Snack:	5 brazil nuts..
Dinner:	180g grilled chicken drizzled with lemon juice on a bed of brown rice and steamed broccoli. Fact: Chicken is an important source of protein, tryptophan and niacin.
Liquids:	2 L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 1- Day 4

Breakfast:	1 cup rolled oats microwaved in 100ml soy milk, sprinkled with 10g cinnamon and 1 tsp chia seeds. Fact: Cinnamon is a thermogenic substance, meaning it boosts the body's metabolism to promote fat burning throughout the day.
Snack:	10 cashews and 1 apple.
Lunch:	180g baked chicken on iceberg lettuce and spinach with chopped carrots, spring onions, dried cranberries and diced walnuts. Add 15 ml vinaigrette for flavour. Fact: Cranberries promote urinary, gastrointestinal and oral health and are a good source of vitamin C. They also add flavour to foods.
Snack:	¼ avocado and 2 corn thins. Fact: Avocados contain the heart-healthy oleic fatty acid and are a good source of potassium.
Dinner:	150g grilled snapper with roasted pumpkin and zucchini (see snapper with oven roasted pumpkin and zucchini).
Liquids:	2L water and Dandelion leaf tea.

WEEK 1- Day 5

Breakfast:	1 poached egg topped with diced tomato on 1 slice sourdough toast. Fact: Eggs are a wonderful source of protein and choline, which is essential for healthy cell maintenance throughout the body.
Snack:	5 brazil nuts and 1 orange. Fact: Oranges are a great source of Vitamin C and fiber, which keeps bowel movements regular and prevents colon cancer.
Lunch:	95g canned tuna sprinkled with lemon zest with lettuce and diced onions on corn thins.
Snack:	Banana Strawberry Shake - 100ml 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. Fact: Beans are an important source of protein and fiber
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 1- Day 6

Breakfast:	½ cup blueberries with 100 g plain yoghurt, 14 g flax seeds and 1 tsp chia seeds. Fact: Yoghurt is a great source of calcium and natural probiotics that promote reproductive health.
Snack:	¼ avocado on 2 rice thins.
Lunch:	120g turkey with salad and hummus on a flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	Carrot sticks with 30g hummus (see hummus recipe).
Dinner:	100g grilled tofu on a bed of brown rice (1/2 cup) and roasted capsicums, broccoli, ginger and 15ml Tamari soy sauce. Fact: Tofu is a great source of protein and helps control cholesterol levels.
Liquids:	2L water, Dandelion leaf tea.

WEEK 1- Day 7

Breakfast:	1 slice sourdough toast with a mix of 70g ricotta, 1 teaspoon honey and cinnamon.
Snack:	1 chopped carrot and 1 apple.
Lunch:	½ cup boiled quinoa with chopped seasonal vegetables stuffed into a capsicum and baked at 150 C for 25 minutes, drizzle with lemon juice.
Snack:	10 cashews and one banana.
Dinner:	180g grilled lamb on a bed of cooked red cabbage, pan-seared spinach and snow peas. Add lemon juice to taste. Hint: To pan-sear spinach, throw on a skillet until it wilts slightly. It will be slightly warm and taste a bit richer.
Liquids:	2L water, 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 2 - Day 1

Breakfast:	2 scrambled egg and 1 slice rye toast.
Snack:	30 g 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 1 cup steamed zucchini and broccoli.

	Fact: <i>Ginger alleviates gastrointestinal issues and has anti-inflammatory compounds.</i>
Liquids:	2L water and Juice - beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 2 - Day 2

Breakfast:	1 cup muesli mixed with ½ cup blueberries and oat milk. Fact: <i>Oat milk is rich in magnesium, the anti-stress mineral.</i>
Snack:	5 strawberries and 15 g pumpkin seeds.
Lunch:	Salad of spinach, salad greens, cucumbers and 100g kidney beans. Fact: <i>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).
Liquids:	2L water and chamomile tea.

WEEK 2 - 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:	½ cup boiled quinoa with 95g tin tuna, spinach and 15g walnuts.
Snack:	½ cup cucumbers with hummus (see hummus recipe).
Dinner:	180g baked chicken with pan-seared mushrooms and baked sweet potato.
Liquids:	2L water, juice - beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 2 - Day 4

Breakfast:	2 egg omelette with fetta and parsley.
Snack:	30g trail mix.
Lunch:	1 cup spelt pasta 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, spinach, olives, cucumber and 15ml balsamic vinegar/olive oil blend.
Liquids:	2L water and peppermint tea.

WEEK 2 - Day 5

Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoons chia seeds. Fact: <i>Chia seeds are full of good fats, keep you feeling full for ages and promote regular bowels.</i>
Snack:	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 500 ml water.
Snack:	1 banana and 10 cashews.
Dinner:	Organic Quinoa with Chicken, Spinach, Mushroom and Tomato Sauce (see quinoa with chicken, spinach, mushroom and tomato sauce recipe).
Liquids:	2L water and Juice - beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 2 - Day 6	
Breakfast:	2 slices rye bread with 80g ricotta, 1 tsp honey and cinnamon.
Snack:	35g plain yoghurt mixed with pumpkin seeds and 1 apple.
Lunch:	1 whole meal pita stuffed with 150g turkey, spinach, cucumbers and 30ml tahini.
Snack:	10 cashews and apple.
Dinner:	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>
Liquids:	2L water and dandelion leaf tea.

WEEK 2 - Day 7	
Breakfast:	1 cup muesli with ½ cup blueberries, 70 g plain yoghurt and oat milk.
Snack:	30g pumpkin seeds.
Lunch:	300ml miso soup with bok choy, spinach and 100 g chopped tofu.
Snack:	12 grapes and 30 g trail mix.
Dinner:	150g baked salmon with baked leftover vegetables (see baked salmon on a bed of vegetables recipe).
Liquids:	2L water and Juice - beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 3 - Day 1	
Breakfast:	100g 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 green salad.
Liquids:	2L water, 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 3 - Day 2	
Breakfast:	1 cup muesli with ½ cup blueberries and 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:	2 rice thins with 40g ricotta.
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 50g natural yoghurt and 2 teaspoons chia seeds.
Snack:	35g pumpkin seeds and 1 apple.

Lunch:	1 whole meal pita stuffed with 150g chicken, spinach, grated carrot and 30ml tahini.
Snack:	10 cashews and a banana.
Dinner:	180g grilled turkey with steamed green beans, zucchini, mushrooms, plus a small green salad.
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 3 - Day 4

Breakfast:	1 cup muesli mixed with ¼ cup blueberries and oat milk with 2 teaspoons chia seeds.
Snack:	6 strawberries and 15g pumpkin seeds.
Lunch:	Salad of spinach, salad greens, cucumbers and 95g tin salmon.
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 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:	2 rice thins with ¼ avocado.
Dinner:	150g baked salmon with light glaze of 3g ginger and 30 ml water with zucchini and broccoli sautéed in 30ml of olive oil.
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 3 - Day 6

Breakfast:	Banana Blueberry shake - 1 banana, ½ cup blueberries, 1 egg and 100ml almond milk blended.
Snack:	10 cashews and 1 apple.
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 mushrooms and spinach.
Liquids:	2L water.

WEEK 3 - Day 7

Breakfast:	2 poached egg topped with diced tomato on 2 slice sourdough toast.
Snack:	30g trail mix.
Lunch:	1 whole meal pita stuffed with 150g turkey, spinach, cucumbers and 30ml tahini.
Snack:	1 apple and handful grapes.
Dinner:	150g grilled lamb with sweet potato mash and broccoli.

Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).
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WEEK 4 - Day 1

Breakfast:	Citrus Berry Smoothie - ½ cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	80g 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, 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 4 - Day 2

Breakfast:	100g yoghurt with coconut flakes and 14 g 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 (see hummus recipe).
Snack:	Fresh avocado dip 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 4 - Day 3

Breakfast:	Fetta scrambled eggs.
Snack:	2 corn thins with ABC spread.
Lunch:	150g salmon and green bean salad (see canned salmon and green bean salad recipe).
Snack:	1 apple.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed greens (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water, and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 4 - Day 4

Breakfast:	1 cup Bircher muesli with berries and yoghurt (see toasted muesli recipe).
Snack:	1 apple, 30 g trail mix.
Lunch:	100g zucchini slice with salad (freeze extra portions) (see zucchini slice recipe).
Snack:	2 corn thins with eggplant dip.
Dinner:	150g baked salmon with asparagus and a small green salad.
Liquids:	2L water.

WEEK 4 - Day 5

Breakfast:	1 scrambled egg with ¼ avocado.
Snack:	1 apple.

Lunch:	95g tuna, asparagus and fetta salad.
Snack:	Carrots with eggplant dip (see eggplant dip recipe).
Dinner:	150g lamb & vegetable stir fry (see lamb & vegetable stir fry).
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 4 - Day 6

Breakfast:	Sourdough toast with baked beans.
Snack:	1 kiwifruit and 30g trail mix.
Lunch:	1 whole meal pita stuffed with 150 g turkey, spinach, cucumbers and 30ml tahini.
Snack:	Sliced cucumber and 1 apple.
Dinner:	150g grilled salmon drizzled with lemon juice with steamed vegetables.
Liquids:	2L water .

WEEK 4 - Day 7

Breakfast:	1 poached egg on 1 slice sourdough toast topped with diced tomato.
Snack:	2 corn thins with ABC spread.
Lunch:	Salad of spinach, salad greens, cucumbers and 95g tin salmon.
Snack:	1 apple, 30 g trail mix.
Dinner:	2 organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water, 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 5 -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 x 1 small pack.
Snack:	2 rice cakes with avocado or tahini.
Dinner:	2 grilled lamb cutlets with steamed vegetables.
Liquids:	2L water and 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 5 -Day 2

Breakfast:	Citrus Berry Smoothie - ½ cup fresh mixed berries, 70 g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds.
Snack:	1 pear and 10 Tamari almonds.
Lunch:	120 g turkey wrap with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	10 cashews and one banana.
Dinner:	95g Tuna, Asparagus and Fetta Salad (see tuna, asparagus and fetta salad recipe).
Liquids:	2L water, 225ml warm miso soup.

WEEK 5 -Day 3

Breakfast:	1 orange, 5 strawberries and 30g blueberries with 70g plain yoghurt with LSA
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	(mix of ground linseeds, sunflower seeds and almonds) and 2 teaspoons chia seeds.
Snack:	¼ avocado with lemon juice.
Lunch:	1 whole meal pita stuffed with 150g turkey, spinach, cucumbers and 30ml tahini .
Snack:	10 Tamari almonds.
Dinner:	180g lamb kebab with tahini sauce (see lamb kebabs with tahini sauce recipe).
Liquids:	2 ml water, 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 5 -Day 4

Breakfast:	1 cup Bircher muesli with berries and 70g plain yoghurt and 2 teaspoons chia seeds x 1 small pack.
Snack:	2 rice cakes with avocado or tahini.
Lunch:	2 x 80g 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.
Liquids:	2L water, Chamomile tea (Sleep Aid).

WEEK 5 -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:	1 whole meal pita stuffed with 120 g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
Snack:	5 brazil nuts.
Dinner:	150g baked ocean trout 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 beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 5 -Day 6

Breakfast:	Power smoothie: 200ml almond milk, 30g rolled oats, 70g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	One banana.
Lunch:	120g 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).
Liquids::	2L water.

WEEK 5 -Day 7

Breakfast:	Whole meal spelt flour pancakes with fresh fruit & yoghurt (see whole meal spelt flour pancakes recipe).
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Snack:	10 cashews.
Lunch:	100g zucchini slice with salad (should have already in freezer) (see zucchini slice 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 beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 6 - Day 1

Breakfast:	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds.
Snack:	12 Tamari almonds.
Lunch:	100g zucchini slice with salad (should have already in freezer).
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 beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 6 - Day 2

Breakfast:	1 poached egg topped with diced tomato on 1 slice sourdough.
Snack:	1 apple.
Lunch:	95g canned salmon and green bean salad (see canned salmon and green bean salad recipe).
Snack:	2 corn cakes with ABC spread.
Dinner:	150g tuna steak with 1 ½ cup broccoli, carrots and corn.
Liquids:	2L water, 30ml lemon juice with 225ml water.

WEEK 6 - Day 3

Breakfast:	70g yoghurt and ½ cup mixed berries, 1tsp coconut flakes with 2 teaspoons chia seeds.
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:	180g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 6 - Day 4

Breakfast:	Citrus Berry Smoothie - ½ cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds.
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 95g chicken, spinach, spring onion and hummus (see hummus recipe).

Snack:	Fresh avocado dip and vegetable sticks.
Dinner:	150g snapper on a bed of spring greens, cucumbers and olives drizzled with lemon juice.
Liquids:	2L water, chamomile tea.

WEEK 6 - Day 5

Breakfast:	Power smoothie: 100ml oat milk, 30gr rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	2 cups Syrian red lentil soup (see lentil and vegetable patties recipe).
Snack:	1 apple with 8 cashews.
Dinner:	1 wheat free pizza (see wheat free pizza recipe).
Liquids:	2L water, 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 6 - Day 6

Breakfast:	90g rolled oats microwaved with 80ml water and 1 tsp. lemon juice. Add 30g frozen berries for flavor.
Snack:	Celery sticks and 10g pumpkin seeds.
Lunch:	80g turkey wrap with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	1 apple.
Dinner:	2 x 80g broccoli, salmon and tofu patties with salad (see broccoli, salmon and recipe).
Liquids:	2L water and Peppermint tea.

WEEK 6 - Day 7

Breakfast:	1 cup Bircher muesli with berries and 50g yoghurt (see toasted muesli recipe).
Snack:	1 apple.
Lunch:	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	150g baked lamb with asparagus and zucchini.
Liquids:	2L water 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 7 - Day 1

Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoon chia seeds.
Snack:	½ cup Carrots.
Lunch:	80g turkey wrap with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	1 banana.
Dinner:	150g organic steak with blanched green beans and broccoli.
Liquids:	2 L water, 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 7 - Day 2

Breakfast:	1 cup muesli with ½ cup blueberries, oat milk and 2 tsp chia seeds.
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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:	2 rice thins with ABC spread.
Dinner:	150g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water and dandelion leaf tea.

WEEK 7 - Day 3

Breakfast:	1 poached egg on sourdough toast with grilled tomato.
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 95 g chicken, spinach, spring onion and hummus (see hummus recipe).
Snack:	10 cashews
Dinner:	150g grilled lean turkey with steamed green beans, zucchini, mushrooms.
Liquids:	2L water and 150 ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 7 - Day 4

Breakfast:	1 cup muesli mixed with ¼ cup blueberries and oat milk with 2 teaspoons chia seeds.
Snack:	15g pumpkin seeds.
Lunch:	Bean salad – rinse a can of three beans well & use 80g, add sliced red, green capsicum, corn and salad greens.
Snack:	1 apple.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed greens (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water.

WEEK 7 - Day 5

Breakfast:	2 scrambled eggs with diced tomato and 30g fetta.
Snack:	1 mandarin.
Lunch:	2 cups Syrian red lentil soup (should have in freezer) (see Syrian red lentil soup).
Snack:	2 rice thins with avocado.
Dinner:	150g baked snapper with light glaze of 3g ginger and 30ml water with zucchini and broccoli sautéed in 30ml of olive oil.
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 7 - Day 6

Breakfast:	Banana Blueberry shake- 1 banana, 1 cup blueberries, 1 egg and 100ml almond milk blended.
Snack:	10 cashews.
Lunch:	80g turkey wrap with salad on flat bread (see turkey wrap with salad on flat-bread recipe).
Snack:	Cucumbers and carrots.

Dinner:	150g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water.

WEEK 7 - Day 7

Breakfast:	1 cup Bircher muesli with berries and yoghurt and 2 teaspoons chia seeds (see toasted muesli recipe).
Snack:	1 apple.
Lunch:	100g zucchini slice (should have in freezer) (see zucchini slice recipe).
Snack:	10 Tamari almonds.
Dinner:	150g lamb kebabs with tahini sauce and green salad (see lamb kebabs with tahini sauce recipe).
Liquids:	2L water 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 8 - Day 1

Breakfast:	Citrus Berry Smoothie - ½ cup fresh mixed berries, 70g plain yoghurt, 1 cup orange juice, 2 teaspoons chia seeds.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	80g 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 beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 8 - Day 2

Breakfast:	100g yoghurt with coconut flakes and 14g flax seeds.
Snack:	1 apple, 10 Tamari almonds.
Lunch:	1 whole meal pita stuffed with 180g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
Snack:	Fresh avocado dip 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 8 - Day 3

Breakfast:	Fetta scrambled eggs (see fetta scrambled eggs recipe).
Snack:	2 corn thins with ABC spread.
Lunch:	150g salmon and green bean salad (see canned salmon and green bean salad recipe).
Snack:	1 apple.
Dinner:	2 lemongrass and chilli chicken drumsticks with steamed greens (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water, and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 8 - Day 4	
Breakfast:	1 cup Bircher muesli with berries and yoghurt (see toasted muesli recipe).
Snack:	1 apple, 30g trail mix 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. OK if you can't find some of these ingredients.</i>
Lunch:	100g zucchini slice with salad (freeze extra portions) (see zucchini slice 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 8 - Day 5	
Breakfast:	1 scrambled egg with ¼ avocado.
Snack:	1 apple.
Lunch:	95g tuna, asparagus and fetta salad (see tuna, asparagus and fetta salad recipe).
Snack:	Carrots with eggplant dip (see eggplant dip recipe).
Dinner:	150g lamb & vegetable stir fry.
Liquids:	2L water and 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).

WEEK 8 - Day 6	
Breakfast:	Sourdough toast with baked beans.
Snack:	1 kiwifruit.
Lunch:	1 whole meal pita stuffed with 150g turkey, spinach, cucumbers and 30ml tahini.
Snack:	Sliced cucumber and 1 apple.
Dinner:	150g grilled beef with steamed vegetables.
Liquids:	2L water.

WEEK 8 - Day 7	
Breakfast:	1 poached egg on 1 slice sourdough toast topped with diced tomato.
Snack:	2 corn thins with ABC spread.
Lunch:	Salad of spinach, salad greens, cucumbers and 95g tin salmon.
Snack:	1 apple, 30g trail mix 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>
Dinner:	2 organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water, 150ml beetroot, celery, apple, cucumber (see cholesterol fighter juice recipe).