

EAT YOURSELF SEXY – 8 WEEK MEAL PLAN

Rebecca



[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	150g chicken with 1 cup salad greens (such as iceberg lettuce, rocket, spinach, cos), cucumber, avocado and dressing of 15ml olive oil and 15ml lemon juice.
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 ½ cup spinach, red cabbage and snow peas topped with 30ml of equal parts lemon juice and water for flavour. Salmon contains Omega-3 fatty acids, which decrease levels of triglycerides, or dangerous fats that flow through the bloodstream.
Liquids	2L of water, 150 ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 1- Day 2	
Breakfast	1 cup fresh seasonal fruit (apple, banana, berries, orange) and 1 slice sourdough toast with avocado.
Snack	10 almonds.
Lunch	150g turkey with salad on flat bread (see turkey with salad on flat bread recipe).
Snack	30g mixed dried fruits.
Dinner	95 g canned tuna on a bed of spinach, salad greens, carrots & cucumber and 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. <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	1 wholemeal pita stuffed with 180g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
Snack	5 brazil nuts.
Dinner	180g grilled chicken drizzled with lemon juice on a bed of Basmati rice and steamed broccoli. <i>Fact: Chicken is an important source of protein, tryptophan and niacin. Tryptophan makes you feel happy!</i>
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 1- Day 4	
Breakfast	1 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 1 apple.
Lunch	Thai Beef & Broccoli salad (see thai beef & broccoli salad recipe)
Snack	¼ avocado and 1 wholemeal pita bread. <i>Fact: Avocados contain the heart-healthy oleic fatty acid and are a good source of potassium.</i>
Dinner	180g grilled lean beef with sweet potato mash and broccoli.
Liquids	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster 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 fiber, which keeps bowel movements regular and prevents colon cancer.</i>
Lunch	95g canned tuna sprinkled with lemon zest with lettuce and diced onions on rice cakes.
Snack	2 rice cakes with hummus or avocado (see hummus recipe).
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 cakes.
Lunch	Wrap with lettuce, carrot, cucumber & avocado and 95g tuna.
Snack	Carrot sticks with 30g hummus (see hummus recipe).
Dinner	180g grilled lamb on a bed of Basmati rice (1/2 cup) and roasted capsicums, broccoli, ginger and 15 ml Tamari soy sauce.
Liquid	2L water, 150 ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 1- Day 7	
Breakfast	1 slice sourdough toast with a mix of 70g ricotta, 1 teaspoon honey and cinnamon.
Snack	2 rice cakes with ABC spread.
Lunch	150g turkey with salad on a wrap (see turkey wrap with salad on flat bread recipe).
Snack	10 almonds 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>
Liquid	2L water, 225ml warm miso soup.

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 (don't forget the yummy cabbage!) (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.
Liquid	2L water, 150 ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 2 - Day 2	
Breakfast	1 cup muesli, 70 g yoghurt with coconut flakes and 14g flax seeds. Add milk if you need. <i>Fact: Coconut is full fiber and minerals essential for healthy hair and skin.</i>
Snack	1 apple, 10 Tamari almonds.
Lunch	1 whole wheat pita stuffed with 180 g 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.

Liquid	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) (see zucchini slice recipe).
Snack	1 apple, 10 walnuts.
Dinner	180g grilled chicken with 1 cup steamed carrots, broccoli and peas.
Liquid	2L water, and 150ml carrot, celery, cucumber, apple juice (see nutrient booster 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 recipe).
Dinner	200g baked salmon with asparagus and a green salad.
Liquid	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.
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

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.
Liquid	2L water.

WEEK 2 - Day 7

Breakfast	Scrambled eggs with grilled tomato on sourdough toast.
Snack	2 corn thins with ABC spread.
Lunch	150g chicken with salad on flat bread.
Snack	1 apple, 30g trail mix.
Dinner	180g grilled beef sprinkled with salad of greens, walnuts, cabbage and cranberries.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

	recipe).
--	----------

WEEK 3 - Day 1	
Breakfast	2 poached eggs on 2 slices 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	150g turkey with salad on flat bread (don't forget the cabbage!) (see turkey wrap with salad on flat bread recipe).
Snack	1 apple with 10 cashews
Dinner	½ cup spelt pasta topped with cooked broccoli, cauliflower and red & orange capsicums and a small green salad.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 3 - Day 2	
Breakfast	Sourdough toast with baked beans.
Snack	¼ avocado and 2 corn thins.
Lunch	2 cups Syrian red lentil soup with 2 corn thins (see Syrian red lentil soup recipe).
Snack	5 brazil nuts and 1 orange.
Dinner	½ cup boiled quinoa with chopped seasonal vegetables stuffed into a capsicum and baked at 150C for 25 minutes, drizzle with lemon juice.
Liquid	2L water, chamomile tea (Sleep Aid).

WEEK 3 - Day 3	
Breakfast	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
Snack	2 rice thins with hummus (see hummus recipe).
Lunch	2 x 80 g salmon, tofu and broccoli patties (see salmon, tofu and broccoli patties recipe).
Snack	4 whole wheat crackers and 1 apple.
Dinner	180g grilled lamb with pan-seared bok choy, zucchini & broccoli and 15ml tamari sauce.
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 3 - Day 4	
Breakfast	Scrambled tofu with tomatoes, mushrooms and fresh herbs (see scrambled tofu with tomatoes, mushrooms and fresh herbs recipe).
Snack	30g trail mix.
Lunch	150g chicken with salad on flat bread.
Snack	2 corn thins with avocado or tahini.
Dinner	180g grilled salmon with carrots, peas, spinach and snow peas.
Liquid	2L water.

WEEK 3 - Day 5	
Breakfast	1 cup Bircher muesli with berries and yoghurt (see toasted muesli recipe).
Snack	2 rice thins with avocado or tahini.

Lunch	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	1 orange.
Dinner	180g grilled snapper with mushrooms, carrots, broccoli and cabbage.
Liquid	2 L water and 150 ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 3 - Day 6

Breakfast	2 egg omelette with 30g fetta and parsley.
Snack	5 brazil nuts and 1 orange.
Lunch	200g Zucchini slice (see zucchini slice recipe).
Snack	¼ avocado on 2 corn thins.
Dinner	180g roasted chicken breast with 1 cup roasted vegetables (see roast chicken breast with roast vegetables and blanched broccoli recipe).
Liquid	2L water.

WEEK 3 - Day 7

Breakfast	1 cup muesli, 70g yoghurt with coconut flakes and 14g flax seeds. Add milk if you need.
Snack	Celery sticks and hummus (see hummus recipe).
Lunch	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack	30g trail mix.
Dinner	180g grilled pepper steak with green beans (see grilled pepper steak with french beans recipe).
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 4 - Day 1

Don't forget your Muscle Energy drink in the morning if you need it (see muscle energy drink recipe). Check portion sizes as they are tweaked each week.

Breakfast	2 poached egg topped with diced tomato on 2 slice sourdough toast.
Snack	5 brazil nuts and 1 orange.
Lunch	2 x 80g salmon, tofu and broccoli patties (see salmon, tofu and broccoli patties recipe).
Snack	2 rice cakes with avocado or tahini.
Dinner	2 grilled lamb cutlets with steamed vegetables.
Liquids	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 4 - Day 2

Breakfast	2 slices sourdough toast with avocado and tomato.
Snack	1 pear and 10 Tamari almonds.
Lunch	150g turkey wrap with salad (including cabbage) on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	10 cashews and one banana.
Dinner	Tempeh and vegetable stir fry with ½ cup buckwheat noodles (see tempeh and

	vegetable stir fry with buckwheat noodles recipe).
Liquid	2L water, 225ml warm miso soup.
WEEK 4 - Day 3	
Breakfast	1 orange, 6 strawberries and ½ cup blueberries with 100g plain yoghurt with LSA (mix of ground linseeds, sunflower seeds and almonds) and 2 teaspoons chia seeds.
Snack	¼ avocado with lemon juice.
Lunch	150g chicken with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	10 Tamari almonds.
Dinner	180g grilled lamb with roast capsicum, carrots, onion and garlic with steamed broccoli.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 4 - Day 4	
Breakfast	1 cup Bircher muesli with ½ cup berries and 70 g 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 (see lentil and vegetable patties recipe).
Snack	Raw carrot or celery sticks with hummus (see hummus recipe).
Dinner	100g grilled tofu atop a bed of ½ cup quinoa and steamed seasonal vegetables (see grilled tofu with quinoa and vegetables recipe).
Liquids	2L water, Chamomile tea (Sleep Aid).

WEEK 4 - Day 5	
Breakfast	2 egg omelette with 30g fetta and parsley.
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 – video record your adventure.
Snack	5 brazil nuts.
Dinner	200g baked salmon on a bed of spring greens, spinach, red cabbage and snow peas topped with 30 ml of equal parts lemon juice and water for flavor.
Liquids	2L of water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 4 - Day 6	
Breakfast	Power smoothie: 100ml oat/almond milk, 30gr rolled oats, 2tsp spirulina, 70gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds. <i>Fact: Spirulina is pure protein and high in B12.</i>
Snack	One banana.
Lunch	150 g 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 and broccolini (see grilled pepper steak with french beans recipe).
Liquid	2L water .

WEEK 4 - Day 7	
Breakfast	Wholemeal spelt flour pancakes with fresh fruit, yoghurt (see wholemeal spelt flour pancakes with fresh fruit & natural yoghurt recipe).
Snack	10 cashews.
Lunch	2 cups Syrian red lentil soup (see Syrian red lentil soup 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, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 5 - Day 1	
Breakfast	Stewed apple & pear with cinnamon and 100g natural yoghurt and 2 teaspoons chia seeds.
Snack	1 pear and 12 Tamari almonds.
Lunch	150g turkey wrap with salad (including cabbage) on flat bread (see lemongrass and chilli chicken drumsticks recipe).
Snack	Carrots with hummus (see hummus recipe).
Dinner	2 cups Emma's Immune Boosting Soup (see immune boosting soup recipe).
Liquid	2L water and 150ml beetroot, whole lemon, 2 garlic cloves and 1 apple (see immune booster juice recipe).

WEEK 5 - Day 2	
Breakfast	Scrambled tofu with tomato and spinach (see scrambled silken tofu with vegetables recipe).
Snack	1 apple with 10 Tamari almonds.
Lunch	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack	2 Corn cakes with ABC spread.
Dinner	2 grilled lamb cutlets with steamed vegetables.
Liquid	2L water, 150ml beetroot, whole lemon, 2 garlic cloves and 1 apple (Immune booster).

WEEK 5 - Day 3	
Breakfast	2 poached eggs with 2 slices sourdough toast.
Snack	1 kiwifruit.
Lunch	2 cups Syrian red lentil soup (see Syrian red lentil soup recipe).
Snack	12 cashews, 1 apple.
Dinner	180g organic grilled chicken with steamed bok choy, broccoli & snow peas.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 5 - Day 4	
Breakfast	100g yoghurt with coconut flakes, 14g flax seeds, 1 tsp spirulina and ½ cup berries.
Snack	1 apple.
Lunch	1 whole meal pita stuffed with 120g chicken, spinach, spring onion and hummus

	(see hummus recipe).
Snack	Fresh avocado dip and vegetable sticks.
Dinner	150g grilled steak with green beans and squash.
Liquid	2L water, chamomile tea.

WEEK 5 - Day 5

Breakfast	Power smoothie: 200ml oat milk, 30g rolled oats, 2tsp spirulina, 50g natural yoghurt, ½ cup frozen berries, 2 teaspoons chia seeds.
Snack	1 whole meal pita with hummus (see hummus recipe).
Lunch	3 bean salad with salad greens, carrots and pumpkin seeds.
Snack	1 apple with 8 cashews.
Dinner	180g organic lamb sausages with steamed vegetables and pumpkin & sweet potato mash.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 5 - Day 6

Breakfast	2 poached eggs on 2 slices sourdough toast.
Snack	Celery sticks and 10g pumpkin seeds.
Lunch	150g turkey wrap with salad on flat bread (turkey wrap with salad on flat bread).
Snack	1 apple.
Dinner	2 lemongrass and chilli chicken drumsticks with steamed green vegetables (see lemongrass and chilli chicken drumsticks recipe).
Liquid	2L water.

WEEK 5 - Day 7

Breakfast	1 cup Bircher muesli with ½ cup berries and 50g yoghurt (see toasted muesli recipe).
Snack	1 apple, 30g trail mix (Goji berries, pumpkin seeds, sunflower seeds, tamari almonds).
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 ½ cup quinoa and zucchini.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 6 - Day 1

Breakfast	1 poached egg over 1 slice sourdough toast topped with ¼ avocado.
Snack	Celery with 30gr ABC spread. Fact: ABC spread is a nutrient dense combination of almonds, brazils and cashews. It is high in protein and fiber.
Lunch	1 whole meal pita stuffed with 120 g chicken, spinach, spring onion, red cabbage and hummus (see hummus recipe).
Snack	1 apple with 10 cashews.
Dinner	½ cup spelt pasta topped with cooked broccoli, tomato, cauliflower and capsicums with a small green salad.

Liquid	2L water, 150 ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).
--------	---

WEEK 6 - Day 2

Breakfast	1 cup Bircher muesli with ½ cup berries, 50 g yoghurt and 1 tsp Goji berries (see toated muesli recipe).
Snack	¼ avocado and 2 corn thins.
Lunch	150g turkey wrap with salad and red cabbage on flat bread (see turkey wrap with salad on flat bread 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.
Liquid	2L water.

WEEK 6 - Day 3

Breakfast	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
Snack	50g yoghurt with 1 tsp chia seeds.
Lunch	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack	10 cashews and 1 apple.
Dinner	2 cups Emma's Immune Boosting Soup (freeze extra portions) (see immune boosting soup recipe).
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 6 - Day 4

Breakfast	Scrambled tofu with tomatoes, mushrooms and fresh herbs (see scrambled tofu with tomatoes, mushrooms and fresh herbs).
Snack	30g trail mix (don't forget to add Goji berries to your trail mix!).
Lunch	150 g chicken in a wrap with salad and hummus (see hummus recipe).
Snack	1 apple and 10 Tamari almonds.
Dinner	Rice Noodles with Vegetables in Miso Broth (see rice noodles with vegetables in a miso broth recipe).
Liquid	2L water.

WEEK 6 - Day 5

Breakfast	Power smoothie: 200ml oat milk, 30gr rolled oats, 2tsp spirulina, 50g natural yoghurt, ½ cup frozen berries, 2 teaspoons chia seeds .
Snack	2 rice thins with avocado or tahini.
Lunch	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	1 orange.
Dinner	150g grilled lamb with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 6 - Day 6

Breakfast	100g yoghurt with coconut flakes, 14 g flax seeds, 1 tsp spirulina and ½ cup berries.
Snack	5 brazil nuts and 1 orange.
Lunch	Treat yourself and go out to a café! Apply your knowledge to make a healthy selection – video record your adventure
Snack	¼ avocado on 2 corn thins.
Dinner	180 g lamb kebab with tahini sauce (see lamb kebabs with tahini sauce recipe).
Liquid	2L water.

WEEK 6 - Day 7

Breakfast	1 cup Bircher muesli with ½ cup berries, 50g yoghurt and 1 tsp Goji berries (see toasted muesli recipe).
Snack	Celery sticks and hummus (see hummus recipe).
Lunch	Zucchini slice (make night before and freeze extra portions – although Kai will love it and eat it all!) (see hummus recipe).
Snack	30g trail mix.
Dinner	180g grilled steak with sweet potato mash and steamed green vegetables.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 7 - Day 1

Breakfast	Stewed apple & pear with cinnamon and 70 g natural yoghurt and 2 teaspoons chia seeds with LSA.
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.
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 7 - Day 2

Breakfast	Scrambled silken tofu with tomato and spinach (see scrambled silken tofu with vegetables recipe).
Snack	1 apple with 10 Tamari almonds.
Lunch	180g grilled turkey wrap with salad (including red cabbage) on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	2 Corn cakes with ABC spread.
Dinner	2 cups Emma's immune boosting soup (see immune boosting soup recipe).
Liquid	2L water, 30ml lemon juice with 225ml water.

WEEK 7 - Day 3

Breakfast	Power smoothie: 150ml oat milk, 30gr rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack	1 kiwifruit.

Lunch	1 whole meal pita stuffed with 120 g chicken, spinach, spring onion, red cabbage and hummus (see hummus recipe).
Snack	Chopped cucumber and hummus (see hummus recipe).
Dinner	180g organic chicken poached in chicken stock with steamed corn, broccoli, carrots, peas & snow peas.
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 7 - Day 4

Breakfast	2 poached eggs over 2 slice sourdough toast.
Snack	1 apple.
Lunch	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack	Fresh avocado dip and vegetable sticks.
Dinner	150g steak on a bed of salad greens, cucumbers and olives drizzled with lemon juice.

WEEK 7 - Day 5

Breakfast	2 pieces of sourdough toast with 80g ricotta, teaspoon honey and sprinkle of cinnamon.
Snack	1 whole meal pita with chickpea hummus (see hummus recipe).
Lunch	3 bean salad with rocket, carrots and pumpkin seeds.
Snack	1 apple with 8 cashews.
Dinner	1 cup spelt pasta with tomato, zucchini and pine nuts.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

WEEK 7 - Day 6

Breakfast	Whole meal Spelt Flour Pancakes with Fresh Fruit & Natural Yoghurt (see wholemeal spelt flour pancakes with fresh fruit & natural yoghurt recipe)
Snack	Celery sticks and 10g pumpkin seeds.
Lunch	Turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe.)
Snack	1 apple.
Dinner	2 Lemongrass and Chilli Chicken Drumsticks with green salad (see lemongrass and chilli chicken drumsticks recipe).
Liquid	2ml water, and 150ml carrot and ginger juice, 1 clove garlic and dash lemon juice.

WEEK 7 - Day 7

Breakfast	1 cup Bircher muesli with berries and 50g yoghurt and 1 tsp Goji berries (see toasted muesli recipe).
Snack	1 apple, 30g trail mix.
Lunch	200g Zucchini slice (see zucchini slice recipe).
Snack	2 rice cakes with avocado or tahini.
Dinner	150g baked chicken with asparagus and zucchini.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

REBECCA WEEK 8 – Day 1
Last week!! Let's ROCK the last week and hit that finish line with a bang!

Breakfast	Citrus Berry Smoothie - ½ cup mixed berries, 70g plain yoghurt, 1 cup orange juice, 15ml honey, 2 teaspoons chia seeds and 1 tsp Goji berries.
Snack	1 whole meal pita with hummus (see hummus recipe).
Lunch	100g canned 3 bean mix with 1 cup parsley, ½ cup quinoa and lemon zest.
Snack	1 kiwi fruit.
Dinner	180g lamb with vegetable stir fry (see lamb & vegetable stir fry recipe).
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

REBECCA WEEK 8 – Day 2

Breakfast	120g yoghurt with coconut flakes, 2 tsp chia seeds, 1 tsp Goji berries 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 180 g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
Snack	Fresh avocado dip and vegetable sticks.
Dinner	150g steak on a bed of bok choy, green beans and carrots drizzled with lemon juice.
Liquid	2L water, chamomile tea (Sleep Aid).

REBECCA WEEK 8 – Day 3

Breakfast	Fetta scrambled eggs (see fetta scrambled eggs recipe).
Snack	Kiwi fruit, 10 Tamari almonds.
Lunch	180g grilled turkey wrap with salad (including red cabbage) on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	1 apple.
Dinner	300ml miso soup with ½ cup buckwheat noodles and vegetables.
Liquid	2L water, and 150 ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

REBECCA WEEK 8 – Day 4

Breakfast	1 cup Bircher muesli with berries, Goji berries and 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 eggplant dip (see eggplant dip recipe).
Dinner	150g chicken baked with 1 cup vegetables such as carrot, sweet potato and capsicum.
Liquid	2L water.

REBECCA WEEK 8 – Day 5

Breakfast	1 scrambled egg with ¼ avocado.
Snack	Kiwi fruit and 10 tamari almonds.
Lunch	1 whole meal pita stuffed with 120 g chicken, spinach, spring onion, red cabbage and hummus (see hummus recipe).

Snack	Carrots with eggplant dip (see eggplant dip recipe).
Dinner	2 cups Syrian Lentil soup (see Syrian red lentil soup recipe).
Liquid	2L water and 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).

REBECCA WEEK 8 – Day 6

Breakfast	Sourdough toast with baked beans.
Snack	1 kiwifruit and 30g trail mix.
Lunch	2 cups Syrian red lentil soup with 2 corn thins (see Syrian red lentil soup recipe).
Snack	Sliced cucumber and 1 apple.
Dinner	2 organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquid	2L water.

REBECCA WEEK 8 – Day 7

Breakfast	2 poached eggs on sourdough toast.
Snack	2 corn thins with ABC spread.
Lunch	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack	1 apple, 30g trail mix.
Dinner	150g grilled steak with sautéed green beans and sweet potato mash.
Liquid	2L water, 150ml carrot, celery, cucumber, apple juice (see nutrient booster juice recipe).