

EAT YOURSELF SEXY – 8 WEEK MEAL PLAN
Sonia



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

WEEK 1 - 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 green bean salad recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	250g grilled lamb cutlets with steamed carrot, broccoli & corn.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 1 - Day 2	
Breakfast:	2 slices sourdough toast with avocado and tomato.
Snack:	1 pear and 10 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:	160g grilled lamb with a vegetable stir fry (see lamb & vegetable stir fry recipe).
Liquids:	2L water, 225 ml warm miso soup.

WEEK 1 - Day 3	
Breakfast:	1 orange, 5 strawberries and 30g blueberries with 70g plain yoghurt with and 2 teaspoons chia seeds.
Snack:	¼ avocado with lemon juice.
Lunch:	180g lamb kebab with tahini sauce and a small green salad (see lamb kebabs with tahini sauce recipe).
Snack:	10 almonds.
Dinner:	100g grilled tofu on a bed of ½ cup quinoa and steamed seasonal vegetables (see grilled tofu with quinoa and vegetables recipe).
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 1 - 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 blanched broccoli (see roast chicken breast with roast vegetables and blanched broccoli recipe).
Liquids:	2L water, Chamomile tea (Sleep Aid)

WEEK 1 - Day 5	
Breakfast:	90g rolled oats microwaved with 80ml water and 1 tsp. lemon juice. Add 30g frozen berries for flavor or ½ teaspoon cinnamon.
Snack:	1 apple and 10 cashews.
Lunch:	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack:	5 brazil nuts.
Dinner:	Greek lamb kebabs – (see Greek lamb kebabs recipe).
Liquids:	2L of water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 1 - Day 6	
Breakfast:	Power smoothie: 100ml soy milk, 30g rolled oats, 70g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	One banana.
Lunch:	2 x 100g Salmon, tofu and broccoli patties (see salmon, tofu and broccoli patties 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 150ml ginger, carrot, celery, apple juice (Inflammation Fighter).

WEEK 1 - Day 7	
Breakfast:	2 grilled pepper steak with French beans (wholemeal spelt flour pancakes with fresh fruit & natural yoghurt recipe).
Snack:	10 cashews.
Lunch:	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack:	2 rice cakes with avocado or tahini.
Dinner:	2Lemongrass and chilli chicken drumsticks with steamed green vegetables (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 2 - Day 1

Breakfast:	70g plain yoghurt with 10g flax seeds and 2 teaspoon chia seeds.
Snack:	Carrots and 10 almonds.
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 ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 2 - Day 2

Breakfast:	1 cup muesli with ½ cup blueberries and soy 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:	1 apple and 8 almonds.
Dinner:	180g chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
Liquids:	2L water and Chamomile tea (Sleep Aide).

WEEK 2 - 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, 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, mushrooms, plus a small green salad.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 2 - Day 4

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

WEEK 2 - Day 5

Breakfast:	2 scrambled eggs with diced tomato and parsley.
Snack:	Pear, 8 almonds.
Lunch:	1 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10minutes at 130 C.

Snack:	70g plain yoghurt mixed with 14 g 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 ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 2 - Day 6

Breakfast:	Banana Blueberry shake- 1 banana, ½ cup blueberries, 70g yoghurt and 100ml soy milk blended.
Snack:	10 cashews and 1 apple.
Lunch:	180g grilled turkey wrap with salad on flatbread (see turkey wrap with salad on flat bread recipe).
Snack:	Cucumbers and carrots.
Dinner:	200g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water.

WEEK 2 - Day 7

Breakfast:	1 cup muesli with berries and yoghurt and 2 teaspoons chia seeds.
Snack:	30g trail mix.
Lunch:	Lebanese bread with tabouli, salad and left over organic chicken.
Snack:	1 apple and 8 cashews.
Dinner:	Salad of 95g canned tuna, salad greens, olives, cucumber and 15ml balsamic vinegar and olive oil.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 3 - Day 1

Breakfast:	1 poached egg with grilled tomatoes.
Snack:	30g trail mix (sunflower seeds, mixed nuts, dried 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 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10minutes 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 14g flax seeds. <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids.</i>
Dinner:	180g baked snapper with light glaze of 3g ginger and 30ml water with zucchini and eggplant sautéed in 30ml of olive oil. <i>Fact: Ginger alleviates gastrointestinal issues and has anti-inflammatory compounds.</i>
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 3 - Day 2

Breakfast:	70g muesli mixed with blueberries and soy milk.
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Snack:	5 strawberries and 15 g pumpkin seeds.
Lunch:	Salad of spinach, salad 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 3 - Day 3

Breakfast:	Banana Blueberry smoothie- 1 banana, ½ cup blueberries, 60ml plain yoghurt and 60ml soy milk blended.
Snack:	10 cashews and 1 apple.
Lunch:	½ cup boiled Quinoa with cooked seasonal vegetables.
Snack:	Cucumbers and carrots.
Dinner:	180g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 3 - Day 4

Breakfast:	2 egg omelette with mushroom and tomato.
Snack:	30g trail mix.
Lunch:	2 x 80g lentil and vegetable patties with a small green salad (see lentil and vegetable patties recipe).
Snack:	1 apple and 10 cashews.
Dinner:	Salad of 180g grilled lamb, salad greens, olives, cucumber and 15 ml balsamic vinegar.
Liquids:	2L water and peppermint tea.

WEEK 3 - 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:	Carrots and 12 almonds.
Lunch:	Lentil soup- 75 g 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 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 3 - Day 6

Breakfast:	2 slices sourdough bread with avocado and tomato.
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:	2Lemongrass and chilli chicken drumsticks with 1 cup steamed vegetables.
Liquids:	2L water and dandelion leaf tea.

WEEK 3 - Day 7

Breakfast:	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and soy milk.
Snack:	30g pumpkin seeds.
Lunch:	120g turkey breast on a whole meal pita with salad.
Snack:	12 grapes and 30g trail mix.
Dinner:	180g baked lamb with baked leftover vegetables.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 4 - 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:	2 cups Syrian red lentil soup (see Syrian red lentil soup recipe).
Snack:	1 apple with 10 cashews.
Dinner:	150g Grilled Pepper Steak with French Beans (see grilled pepper steak with French beans recipe).
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 4 - Day 2

Breakfast:	½ grapefruit and 1 scrambled egg with parsley.
Snack:	¼ avocado and 2 corn thins.
Lunch:	Zucchini slice (see zucchini slice 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.
Liquids:	2L water, peppermint tea.

WEEK 4 - Day 3

Breakfast:	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
Snack:	Celery and ½ grapefruit.
Lunch:	2 cups Syrian red lentil soup (see Syrian red lentil soup recipe).
Snack:	8 Tamari almonds and 1 apple.
Dinner:	150g Snapper with Roasted Pumpkin and Zucchini (see snapper with roasted pumpkin and zucchini recipe).
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 4 - Day 4

Breakfast:	1 poached egg on a piece of sourdough toast.
Snack:	30g trail mix.
Lunch:	150g Turkey Wrap with Salad on Flat Bread (see turkey wrap with salad on flat

	bread recipe).
Snack:	1 apple and 10 cashews.
Dinner:	180g grilled chicken with asparagus and snow peas.
Liquids:	2L water.

WEEK 4 - Day 5

Breakfast:	Cinnamon stewed apple & pears with rolled oat porridge.
Snack:	2 rice thins with avocado or tahini.
Lunch:	Salad of spinach, salad greens, cucumbers and 80g kidney beans. <i>Fact: Kidney beans are a great source of fiber and high-quality, protein.</i>
Snack:	1 orange.
Dinner:	150g grilled lamb with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 4 - Day 6

Breakfast:	1 cup muesli mixed with blueberries and soy milk.
Snack:	5 brazil nuts and 1 orange.
Lunch:	2 x 80g 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.
Liquids:	2L water.

WEEK 4 - Day 7

Breakfast:	2 egg omelette with tomato and mushroom.
Snack:	Celery sticks and hummus (see hummus recipe).
Lunch:	180g lamb kebab with tahini sauce (see lamb kebab with tahini sauce recipe).
Snack:	30g trail mix.
Dinner:	180g grilled chicken with a small green salad.
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 5 - 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).
Lunch:	1 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10minutes at 130 C.
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:	150g lamb kebabs with tahini sauce and tabouli, use quinoa instead of cracked wheat (see lamb kebabs with tahini sauce recipe).
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 5 - Day 2

Breakfast:	1 cup muesli mixed with blueberries and oat milk.
Snack:	5 strawberries and 15 g 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 (see Syrian red lentil soup recipe).
Liquids:	2L water and chamomile tea.

WEEK 5 - Day 3

Breakfast:	Banana Blueberry smoothie - 1 banana, ½ cup blueberries, 60ml plain yoghurt, 1 tsp chia seeds and 100ml oat milk blended.
Snack:	10 cashews and 1 apple.
Lunch:	½ cup boiled Quinoa with cooked seasonal vegetables.
Snack:	Cucumbers and carrots.
Dinner:	180g baked chicken with pan-seared mushrooms and spinach.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 5 - Day 4

Breakfast:	2 egg omelette with mushroom and tomato.
Snack:	30g trail mix.
Lunch:	150g Turkey Wrap with Salad on Flat Bread (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 15 ml balsamic vinegar/olive oil.
Liquids:	2L water and peppermint tea.

WEEK 5 - Day 5

Breakfast:	1 poached egg over 1 slice sourdough toast topped with ¼ avocado.
Snack:	Carrots and grapes.
Lunch:	Lentil soup- 75 g 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.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 5 - Day 6

Breakfast:	Cinnamon stewed apple & pears with rolled oat porridge.
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 helps baby's brain to develop.</i>
Snack:	10 cashews and apple.
Dinner:	150g grilled lamb with steamed broccoli, carrots and zucchini.
Liquids:	2L water and dandelion leaf tea.

WEEK 5 - Day 7

Breakfast:	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and oat milk.
Snack:	30g pumpkin seeds.
Lunch:	2 x 80g Lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack:	12 grapes and 30g trail mix.
Dinner:	2Lemongrass and chilli chicken drumsticks with 1 cup steamed vegetables (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter 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:	180g organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe)

WEEK 6 – Day 2

Breakfast:	Banana Blueberry smoothie- 1 banana, ½ cup blueberries, 60ml plain yoghurt, 1 tsp chia seeds and 100ml oat milk blended.
Snack:	1 apple with 10 Tamari almonds.
Lunch:	Avocado and tomato on sourdough toast.
Snack:	2 Corn cakes with ABC spread.
Dinner:	2 cups Emma’s Immune Boosting Soup (freeze extra portions) (see immune boosting soup recipe).
Liquids:	2L water, 30ml lemon juice with 225ml 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 80g, 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 , 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 6 - Day 4

Breakfast:	1 poached egg on sourdough toast with grilled tomato.
Snack:	1 apple.
Lunch:	1 whole meal pita stuffed with 120g turkey, spinach, spring onion and hummus (see hummus recipe).
Snack:	Fresh avocado dip made of half a fresh avocado mashed and vegetable sticks.
Dinner:	150g grilled steak on a bed of salad greens, cucumbers and olives drizzled with lemon juice.
Liquids:	2L water, chamomile tea.

WEEK 6 - Day 5

Breakfast:	Power smoothie: 150ml oat milk, 30g rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	3 bean salad with rocket, carrots and pumpkin seeds.
Snack:	1 apple with 8 cashews.
Dinner:	2 cups Syrian Red Lentil Soup (see Syrian red lentil soup recipe).
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 6 - Day 6

Breakfast:	2 egg omelette with mushroom and tomato.
Snack:	Celery sticks and 10g pumpkin seeds.
Lunch:	120g 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 1 cup steamed vegetables (see lemongrass and chilli chicken drumsticks recipe).
Liquids:	2 ml water, Chamomile tea.

WEEK 6 - Day 7

Breakfast:	Bircher muesli with berries and 50g yoghurt.
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 ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 7 - 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:	2 cups Syrian red lentil soup (see Syrian red lentil soup recipe).
Snack:	1 apple with 10 cashews.

Dinner:	180g organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 7 - Day 2

Breakfast:	1 cup seasonal fruit with 100g natural yoghurt mixed with 1 teaspoon chia seeds.
Snack:	¼ avocado and 2 corn thins.
Lunch:	1 wholemeal pita stuffed with 120g turkey, spinach, spring onion and hummus (see hummus 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.
Liquids:	2L water, Chamomile tea.

WEEK 7 - Day 3

Breakfast:	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
Snack:	Celery and ½ grapefruit.
Lunch:	2 x 80g lentil and vegetable patties (see lentil and vegetable patties recipe).
Snack:	Wholemeal crackers and 1 apple.
Dinner:	150g grilled lamb with quinoa tabouli.
Liquids:	2L water 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 7 - Day 4

Breakfast:	1 cup Bircher muesli with berries and 50g yoghurt.
Snack:	30g trail mix.
Lunch:	Mushroom and leek soup- 2 medium leeks, 16 large, chopped mushrooms, 1 packet miso soup, 30g chives, boiled for 7 minutes.
Snack:	1 apple and whole meal crackers.
Dinner:	180g grilled chicken with steamed asparagus and snow peas.
Liquids:	2L water.

WEEK 7 - Day 5

Breakfast:	Cinnamon stewed fruit with amaranth porridge.
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 snapper with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe).

WEEK 7 - Day 6

Breakfast:	Power smoothie: 150ml oat milk, 30g rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds.
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Snack:	5 brazil nuts and 1 orange.
Lunch:	2 x 80g Lentil and vegetable patties.
Snack:	¼ avocado on 2 corn thins.
Dinner:	180g roasted chicken breast, roasted leftover vegetables.
Liquids:	2L water.

WEEK 7 - Day 7

Breakfast:	2 egg omelette with tomato and parsley.
Snack:	Celery sticks and hummus (see hummus recipe).
Lunch:	180g lamb kebab with tahini sauce and tabouli.
Snack:	30g trail mix.
Dinner:	180g grilled chicken with a small green salad.
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe)

WEEK 8 - Day 1

Last week Sonia so let's make it an amazing, successful finish to your 2 months of hard work so far!

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
Dinner:	180g organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash
Liquids:	2L water and 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe)

WEEK 8 - Day 2

Breakfast:	1 poached egg over 1 slice sourdough toast with ½ grilled tomato
Snack:	1 apple with 10 Tamari almonds
Lunch:	180g grilled turkey wrap with salad 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 (make extra and freeze) (see immune boosting soup recipe).
Liquids:	2L water

WEEK 8 - 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 capsicum, corn and salad greens
Snack:	Chopped cucumber and hummus (see hummus recipe)
Dinner:	180g organic chicken poached in chicken stock with carrots, steamed bok choy, broccoli & snow peas
Liquids:	2L water , 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe)

WEEK 8 - Day 4

Breakfast:	1 slice sourdough toast with avocado and tomato
Snack:	1 apple
Lunch:	1 whole meal pita stuffed with 95 g turkey, spinach, spring onion and hummus (see hummus recipe)
Snack:	Fresh avocado dip (Mash half an avocado) and vegetable sticks
Dinner:	150g steak on a bed of spinach, cucumbers and olives drizzled with lemon juice
Liquids:	2L water, chamomile tea

WEEK 8 - Day 5

Breakfast:	Power smoothie: 100ml oat milk, 30g rolled oats, 50g natural yoghurt, 30g frozen berries, 2 teaspoons chia seeds
Snack:	1 whole meal pita with hummus (see hummus recipe).
Lunch:	3 bean salad with rocket, carrots and pumpkin seeds
Snack:	1 apple with 8 cashews
Dinner:	150g snapper with ½ cup mashed sweet potato and steamed broccoli
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe)

WEEK 8 - Day 6

Breakfast:	1 cup seasonal fruit with 100g natural yoghurt mixed with 1 teaspoon chia seeds
Snack:	Celery sticks and 10g pumpkin seeds
Lunch:	120g turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
Snack:	1 apple
Dinner:	180g lamb kebab with tahini sauce and tabouli (see lamb kebabs with tahini sauce recipe).
Liquids:	2 ml water, Chamomile Tea

WEEK 8 - Day 7

Breakfast:	Bircher muesli with berries and 50g yoghurt
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 baked salmon with asparagus and zucchini
Liquids:	2L water, 150ml ginger, carrot, celery, apple juice (see inflammation fighter juice recipe)