

**EAT YOURSELF SEXY – 8 WEEK MEAL PLAN  
TAMMY**



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

WEEK 1 - DAY 1	
<b>Breakfast:</b>	90g rolled oats, 1 tsp. lemon juice, 30g blueberries or Power Smoothie.
<b>Snack:</b>	One small apple 10 cashews.
<b>Lunch:</b>	1 cup Quinoa, 30g dried cranberries, 30g chopped spring onions, 15ml balsamic vinegar, 30g chopped walnuts.
<b>Snack:</b>	5 brazil nuts, 1 Banana.
<b>Dinner:</b>	200g baked salmon, spring greens, baby spinach, red cabbage, snow peas and 30ml lemon juice.
<b>Liquids:</b>	Peppermint tea 2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

WEEK 1 - DAY 2	
<b>Breakfast:</b>	1 cup soy milk, 1 cup fresh seasonal fruit, 1 slice sourdough toast and 1 Avocado.
<b>Snack:</b>	1 unrefined whole wheat pita bread and 30g hummus (see hummus recipe).
<b>Lunch:</b>	1 cup spelt pasta, 15ml extra-virgin olive oil and 30g diced tomato.
<b>Snack:</b>	30g mixed dried fruits.
<b>Dinner:</b>	95g canned tuna on a bed of spinach, spring greens, carrots, olives, black pepper and Celtic sea salt.
<b>Liquids:</b>	Chamomile tea (Sleep Aid).

WEEK 1 - DAY 3	
<b>Breakfast:</b>	2 slices sourdough toast with local honey and 1 cup soy milk or Power Smoothie.
<b>Snack:</b>	1 banana.
<b>Lunch:</b>	300ml miso soup, 100g sliced tofu and bok choy.
<b>Snack:</b>	5 brazil nuts.
<b>Dinner:</b>	180g grilled chicken with lemon juice, ½ cup of whole grain rice and broccoli.
<b>Liquids:</b>	1 cup lemongrass tea.

WEEK 1 – DAY 4	
<b>Breakfast:</b>	1 cup rolled oats, 80ml soy milk and 10g cinnamon.
<b>Snack:</b>	10 cashews and 30g mixed dried fruit.

<b>Lunch:</b>	180g chicken with Iceberg lettuce, spinach, chopped carrots, spring onions, 30g cranberries, 30g diced walnuts and 15ml vinaigrette.
<b>Snack:</b>	¼ avocado on 1 whole wheat pita.
<b>Dinner:</b>	200g snapper with red, yellow and orange capsicums.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

#### WEEK 1 - DAY 5

<b>Breakfast:</b>	1 egg with tomatoes on 1 slice sourdough toast or Power Smoothie.
<b>Snack:</b>	5 brazil nuts and 1 orange.
<b>Lunch:</b>	95g canned tuna with lemon zest, lettuce, diced onions and 2 corn thins.
<b>Snack:</b>	60ml soy milk, 60ml plain yoghurt, 1 banana and 5 strawberries.
<b>Dinner:</b>	1 can of mixed beans with corn, spinach, lettuce and fresh black pepper.
<b>Liquids:</b>	5ml of olive oil with juice of ½ lemon.

#### WEEK 1 - DAY 6

<b>Breakfast:</b>	1 orange, 5 strawberries, 30g blueberries and 70g plain yoghurt.
<b>Snack:</b>	¼ avocado on 2 rice thins.
<b>Lunch:</b>	2 eggs, 1 piece sourdough with 1 x tomato.
<b>Snack:</b>	Carrots and 30g hummus, 12 Tamari almonds (see hummus recipe).
<b>Dinner:</b>	100g tofu with ½ whole grain rice, roasted red, yellow and orange capsicum, ½ cup broccoli, ginger and 15ml Tamari soy sauce.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

#### WEEK 1 - DAY 7

<b>Breakfast:</b>	2 slice sourdough toast, 80g ricotta, 1 teaspoon honey and cinnamon or Power Smoothie.
<b>Snack:</b>	1 carrot with 4 olives.
<b>Lunch:</b>	1 cup Quinoa with broccoli and 10g walnuts.
<b>Snack:</b>	10 cashews and 1 banana.
<b>Dinner:</b>	180g chicken with red cabbage, spinach, snow peas and lemon juice.
<b>Liquids:</b>	225ml warm miso soup.

#### WEEK 2 - Day 1

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	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 the goji and/or raw cacao nibs!</i>
<b>Lunch:</b>	1 wholemeal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C. <i>Fact: Mushrooms are full of nutrients such as selenium, as well as phytonutrients, which may prevent cancer.</i>
<b>Snack:</b>	60g plain yoghurt mixed with 14 g flax seeds. <i>Fact: Flax seeds are an excellent source of omega-3 fatty acids.</i>
<b>Dinner:</b>	200g baked salmon with light glaze of fresh ginger and 30ml water with zucchini and eggplant sautéed in 30ml of olive oil.

	<b>Fact:</b> <i>Ginger alleviates gastrointestinal issues and has anti-inflammatory compounds.</i>
<b>Liquids:</b>	2L water and Dandelion tea (Liver Supporter).

### WEEK 2 - Day 2

<b>Breakfast:</b>	70g muesli mixed with blueberries and oat milk. <b>Fact:</b> <i>Oat milk is rich in magnesium, the anti-stress mineral. If you can't get Oat milk Soy is OK.</i>
<b>Snack:</b>	5 strawberries and 15g pumpkin seeds.
<b>Lunch:</b>	Salad of spinach, spring greens, cucumbers and 80g kidney beans. <b>Fact:</b> <i>Kidney beans are a great source of fiber and high-quality, protein.</i>
<b>Snack:</b>	30g trail mix and 1 apple.
<b>Dinner:</b>	2 cups Syrian red lentil soup (see Syrian red lentil soup recipe).
<b>Liquids:</b>	2L water and chamomile tea.

### WEEK 2 - Day 3

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	10 cashews and 1 apple.
<b>Lunch:</b>	½ cup boiled Quinoa with cooked, chopped seasonal vegetables.
<b>Snack:</b>	½ cup cucumbers and carrots.
<b>Dinner:</b>	180g baked chicken with pan-seared mushrooms and spinach.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 2 - Day 4

<b>Breakfast:</b>	2 egg omelette with mushroom and tomato.
<b>Snack:</b>	30g trail mix.
<b>Lunch:</b>	1 cup spelt or wholemeal pasta with 95g canned salmon, chilli, garlic and 15ml olive oil drizzled over top.
<b>Snack:</b>	1 apple and handful grapes.
<b>Dinner:</b>	Salad of 180g grilled lamb, spring greens, olives, cucumber and 15ml balsamic vinegar.
<b>Liquids:</b>	2L water and peppermint tea.

### WEEK 2 - Day 5

<b>Breakfast:</b>	70g plain yoghurt with 10g flax seeds and 2 teaspoons chia seeds. <b>Fact:</b> <i>Chia seeds are full of good fats, keep you feeling full for ages and promote regular bowels.</i>
<b>Snack:</b>	150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).
<b>Lunch:</b>	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.
<b>Snack:</b>	1 banana and 10 cashews.
<b>Dinner:</b>	Squash, eggplant and mushrooms with ½ cup cooked brown rice, add Tamari to taste.
<b>Liquids:</b>	2L water and dandelion tea (Liver Supporter).

### WEEK 2 - Day 6

<b>Breakfast:</b>	2 slices sourdough bread with 80g ricotta, 1 tsp honey and cinnamon.
<b>Snack:</b>	35g plain yoghurt mixed with pumpkin seeds and 1 apple.
<b>Lunch:</b>	180g grilled chicken with spring greens. Top with black pepper and Dulse flakes. <b>Fact:</b> <i>Dulse flakes are rich in iodine, a trace mineral that most women are deficient in and essential for a healthy metabolism. If can't find flakes use sea salt.</i>
<b>Snack:</b>	10 cashews and apple.

<b>Dinner:</b>	1 wholemeal pita stuffed with 180g chopped grilled chicken, spinach, cucumbers and 30ml tahini.
<b>Liquids:</b>	2L water and dandelion leaf tea.

### WEEK 2 - Day 7

<b>Breakfast:</b>	1 cup muesli with ½ cup blueberries, 70g plain yoghurt and oat milk (see toasted muesli recipe).
<b>Snack:</b>	30g pumpkin seeds.
<b>Lunch:</b>	300ml miso soup with bok choy, spinach and 100g chopped tofu.
<b>Snack:</b>	12 grapes and 30g trail mix.
<b>Dinner:</b>	200g baked salmon with baked leftover vegetables (see baked salmon on a bed of vegetables recipe).
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 3 - Day 1

<b>Breakfast:</b>	1 poached egg over 1 slice sourdough toast topped with ¼ avocado.
<b>Snack:</b>	Celery with 30g ABC spread. <b>Fact:</b> ABC spread is a nutrient dense combination of almonds, brazils and cashews. It is high in protein and fiber.
<b>Lunch:</b>	Turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 apple with 10 cashews.
<b>Dinner:</b>	½ cup wholemeal pasta topped with cooked broccoli, cauliflower and capsicum.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 3 - Day 2

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	¼ avocado and 2 corn thins.
<b>Lunch:</b>	95g tinned tuna with mixed greens and 30g walnuts.
<b>Snack:</b>	5 brazil nuts and 1 orange.
<b>Dinner:</b>	½ cup boiled quinoa with chopped seasonal vegetables stuffed into a capsicum and baked at 150 C for 25 minutes, drizzle with lemon juice.
<b>Liquids:</b>	2L water, dandelion leaf tea.

### WEEK 3 - Day 3

<b>Breakfast:</b>	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
<b>Snack:</b>	Celery and hummus (see hummus recipe).
<b>Lunch:</b>	2 x 100g salmon, tofu and broccoli patties (see salmon, tofu and broccoli patties recipe).
<b>Snack:</b>	150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).
<b>Dinner:</b>	1 homemade pizza using flat bread as a base – add tomato, 25g cheese, spinach, mushrooms, zucchini etc (see wheat free pizza recipe).
<b>Liquids:</b>	2L water and peppermint tea.

### WEEK 3 - Day 4

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	30g trail mix.
<b>Lunch:</b>	Canned salmon and green bean salad (see canned salmon and salad recipe).
<b>Snack:</b>	1 apple and whole wheat crackers.

<b>Dinner:</b>	180g grilled chicken with carrots, zucchini & snow peas.
<b>Liquids:</b>	2L water.

### WEEK 3 - Day 5

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	2 corn thins with avocado or tahini.
<b>Lunch:</b>	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 orange, 10 Brazil nuts.
<b>Dinner:</b>	200g grilled snapper with mushrooms, carrots & broccoli .
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 3 - Day 6

<b>Breakfast:</b>	1 slice sourdough toast with vegemite/jam, dandelion leaf tea.
<b>Snack:</b>	5 brazil nuts and 1 orange.
<b>Lunch:</b>	2 x 80g Lentil and vegetable patties (see lentil and vegetable patties recipe).
<b>Snack:</b>	¼ avocado on 2 corn thins.
<b>Dinner:</b>	180g grilled steak with 1 cup mixed vegetables.
<b>Liquids:</b>	2L water.

### WEEK 3 - Day 7

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	Celery sticks and hummus (see hummus recipe).
<b>Lunch:</b>	Turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	30g trail mix.
<b>Dinner:</b>	180g grilled chicken with a small green salad.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 4 - Day 1

<b>Breakfast:</b>	70g plain yoghurt with 10g flax seeds and 2 teaspoons chia seeds.
<b>Snack:</b>	Carrots and 8 almonds.
<b>Lunch:</b>	Turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 banana and 10 cashews.
<b>Dinner:</b>	180g steak with blanched green beans and a large green salad.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 4 - Day 2

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	8 raw brazil nuts.
<b>Lunch:</b>	Grated carrot, beetroot, finely chopped celery & radish, ¼ avocado, baby spinach leaves, sunflower & sesame seeds and olive oil dressing.
<b>Snack:</b>	1 apple and 10 almonds.
<b>Dinner:</b>	180g chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 4 - Day 3**

<b>Breakfast:</b>	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds.
<b>Snack:</b>	10 almonds and 1 apple.
<b>Lunch:</b>	95g tinned tuna with mixed greens and 30g walnuts.
<b>Snack:</b>	10 cashews and a banana.
<b>Dinner:</b>	180g grilled turkey breast with steamed green beans & zucchini, mushrooms.
<b>Liquids:</b>	2L water and lemongrass tea.

**WEEK 4 - Day 4**

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	5 strawberries and 15g pumpkin seeds.
<b>Lunch:</b>	Salad of spinach, salad greens, cucumbers and 80g kidney beans.
<b>Snack:</b>	30g trail mix and 1 apple.
<b>Dinner:</b>	2 lemongrass and chilli chicken drumsticks with steamed greens (see lemongrass and chilli chicken drumsticks recipe).
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 4 - Day 5**

<b>Breakfast:</b>	2 scrambled eggs with diced tomato and sourdough toast.
<b>Snack:</b>	30g trail mix (sunflower seeds, mixed nuts, raisins).
<b>Lunch:</b>	1 wholemeal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C.
<b>Snack:</b>	70g plain yoghurt mixed with 2 teaspoons chia seeds.
<b>Dinner:</b>	200g baked salmon in a sauce of 3g ginger and 30ml water with zucchini & broccoli sautéed in 30ml of olive oil.
<b>Liquids:</b>	2L water.

**WEEK 4 - Day 6**

<b>Breakfast:</b>	Banana Blueberry shake- 1 banana, ½ cup mixed berries, 1 egg and 100ml soy milk blended.
<b>Snack:</b>	10 cashews and 1 apple.
<b>Lunch:</b>	½ cup rice noodles with vegetables in a miso based broth (see rice noodles with vegetables in a miso broth recipe).
<b>Snack:</b>	1 cup cucumber and carrot sticks with ABC spread.
<b>Dinner:</b>	200g baked chicken with sautéed mushrooms and spinach.
<b>Liquids:</b>	2L water.

**WEEK 4 - Day 7**

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	30g trail mix.
<b>Lunch:</b>	Turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 apple and 8 almonds.
<b>Dinner:</b>	180g grilled lamb with a green salad and ½ cup steamed sweet potato.
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 5 - Day 1**

<b>Breakfast:</b>	Citrus Berry Smoothie- ½ cup mixed berries, 70g plain yoghurt, 1 cup orange juice, 15ml honey blended, 2 teaspoons chia seeds.
<b>Snack:</b>	1 whole meal pita with hummus (see hummus recipe).
<b>Lunch:</b>	100g canned 3 bean mix with 1 cup parsley, ½ cup quinoa and lemon zest.
<b>Snack:</b>	1 kiwi fruit.
<b>Dinner:</b>	180g snapper with oven roasted pumpkin and zucchini (see snapper with oven roasted pumpkin and zucchini recipe).
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 5 - Day 2**

<b>Breakfast:</b>	70g yoghurt with coconut flakes and 14g flax seeds. <i>Fact: Coconut is full of fiber and minerals essential for healthy hair and skin.</i>
<b>Snack:</b>	1 apple, 10 Tamari almonds.
<b>Lunch:</b>	1 whole wheat pita stuffed with 180g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
<b>Snack:</b>	Fresh avocado as a dip and vegetable sticks.
<b>Dinner:</b>	150g tuna on a bed of bok choy, green beans and carrots drizzled with lemon juice.
<b>Liquids:</b>	2L water, chamomile tea (Sleep Aid).

**WEEK 5 - Day 3**

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	30g dried fruit.
<b>Lunch:</b>	95g salmon and green bean salad (see canned salmon and salad recipe).
<b>Snack:</b>	1 apple.
<b>Dinner:</b>	180g grilled lamb and sautéed spinach.
<b>Liquids:</b>	2L water, and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 5 - Day 4**

<b>Breakfast:</b>	1 cup muesli with berries and 70g yoghurt (see toasted muesli recipe).
<b>Snack:</b>	1 apple, 30g trail mix.
<b>Lunch:</b>	Sardines and tomato on toast.
<b>Snack:</b>	2 corn thins with eggplant dip (see eggplant dip recipe).
<b>Dinner:</b>	200g baked salmon with asparagus and a small green salad.
<b>Liquids:</b>	2L water.

**WEEK 5 - Day 5**

<b>Breakfast:</b>	1 scrambled egg with ¼ avocado.
<b>Snack:</b>	1 whole wheat pita with hummus (see hummus recipe).
<b>Lunch:</b>	1 cup buckwheat noodles with vegetables in a miso based broth (see Tempeh and Vegetable Stir Fry with Buckwheat Noodles recipe)
<b>Snack:</b>	Carrots with eggplant dip (see eggplant dip recipe).
<b>Dinner:</b>	150g grilled tofu on a bed of sautéed greens with tamari sauce.
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 5 - Day 6**

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	1 kiwifruit and 30g trail mix.
<b>Lunch:</b>	Turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	Sliced cucumber and 1 apple.
<b>Dinner:</b>	2 organic lamb sausages with steamed vegetables and pumpkin and sweet potato mash.
<b>Liquids:</b>	2L water.

**WEEK 5 - Day 7**

<b>Breakfast:</b>	2 scrambled eggs with diced tomato and sourdough toast.
<b>Snack:</b>	2 corn thins with ABC spread.
<b>Lunch:</b>	95g tuna on a wrap with salad.
<b>Snack:</b>	1 apple, 30g trail mix.
<b>Dinner:</b>	200g grilled salmon sprinkled with lemon juice with steamed green vegetables.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 6 - Day 1**

<b>Breakfast:</b>	Stewed apple & pear with cinnamon and 70g natural yoghurt and 2 teaspoons chia seeds.
<b>Snack:</b>	1 pear and 12 Tamari almonds.
<b>Lunch:</b>	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg.
<b>Snack:</b>	Carrots with hummus (see hummus recipe).
<b>Dinner:</b>	180g organic lamb sausages with steamed vegetables and ½ cup pumpkin and sweet potato mash.
<b>Liquids:</b>	2L water and herbal tea or your choice.

**WEEK 6 - Day 2**

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	1 apple with 10 Tamari almonds.
<b>Lunch:</b>	120g turkey on a wholemeal pita with salad (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	2 Corn cakes with ABC spread.
<b>Dinner:</b>	180g baked salmon on a bed of 1 cup vegetables (see baked salmon on a bed of vegetables recipe).
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 6 - Day 3**

<b>Breakfast:</b>	70g yoghurt and ½ cup mixed berries with 2 teaspoons chia seeds and coconut flakes.
<b>Snack:</b>	1 kiwifruit.
<b>Lunch:</b>	Bean salad – rinse a can of three beans well & use 80gr, add sliced red, green and yellow capsicum, corn and salad greens.
<b>Snack:</b>	Chopped cucumber and hummus (see hummus recipe).
<b>Dinner:</b>	180g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
<b>Liquids:</b>	2L water.



WEEK 6 - Day 4	
<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	1 apple.
<b>Lunch:</b>	1 wholemeal pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
<b>Snack:</b>	Fresh avocado dip (made with ½ fresh avocado mashed) and carrot, cucumber celery sticks.
<b>Dinner:</b>	150g tuna steak on a bed of spring greens, cucumbers and olives drizzled with lemon juice.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

WEEK 6 - Day 5	
<b>Breakfast:</b>	Power smoothie: 100ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
<b>Snack:</b>	2 corn cakes with ABC spread.
<b>Lunch:</b>	1 whole meal pita stuffed with 180g chopped chicken, hummus, salad greens such as rocket (see hummus recipe).
<b>Snack:</b>	1 apple with 8 cashews.
<b>Dinner:</b>	180g snapper with ½ cup quinoa and steamed broccoli.
<b>Liquids:</b>	2L water, peppermint tea.

WEEK 6 - Day 6	
<b>Breakfast:</b>	1 poached egg on sourdough toast with grilled tomato.
<b>Snack:</b>	Celery sticks and 10g pumpkin seeds.
<b>Lunch:</b>	120g turkey with salad and hummus/tahini/avocado on flat bread.
<b>Snack:</b>	1 apple.
<b>Dinner:</b>	180g lamb kebabs with tahini sauce and a small green salad (see lamb kebabs with tahini sauce recipe).
<b>Liquids:</b>	2L water, and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

WEEK 6 - Day 7	
<b>Breakfast:</b>	1 cup muesli with berries and 50g yoghurt (see toasted muesli recipe).
<b>Snack:</b>	1 apple, 30g trail mix.
<b>Lunch:</b>	1 wheat free pizza (see wheat free pizza recipe).
<b>Snack:</b>	2 rice cakes with avocado or tahini.
<b>Dinner:</b>	180g baked salmon with carrots and zucchini.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

WEEK 7 - Day 1	
<b>Breakfast:</b>	Power smoothie: 100ml oat milk, 30gr rolled oats, 1 egg, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds.
<b>Snack:</b>	Celery with 30gr ABC spread. <i>Fact: ABC spread is a nutrient dense combination of almonds, brazils and cashews. It is high in protein and fiber.</i>
<b>Lunch:</b>	120g turkey on a whole meal pita with salad (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 apple with 10 cashews.

<b>Dinner:</b>	½ cup spelt pasta topped with cooked broccoli, cauliflower and red & green capsicums.
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 7 - Day 2

<b>Breakfast:</b>	1 scrambled egg on 1 piece sourdough bread.
<b>Snack:</b>	¼ avocado and 2 corn thins.
<b>Lunch:</b>	1 whole meal pita stuffed with 95g canned salmon, spinach, spring onion and hummus (see hummus recipe).
<b>Snack:</b>	5 brazil nuts and 1 orange.
<b>Dinner:</b>	150g grilled lamb with baked vegetables.
<b>Liquids:</b>	2L water, herbal tea of choice.

### WEEK 7 - Day 3

<b>Breakfast:</b>	1 dandelion leaf tea, 1 piece of sourdough toast with 15g ABC spread.
<b>Snack:</b>	Celery and hummus (see hummus recipe).
<b>Lunch:</b>	2 x 80g salmon, tofu and broccoli patties (see salmon, tofu and broccoli patties recipe).
<b>Snack:</b>	Whole wheat crackers and 1 apple.
<b>Dinner:</b>	180g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas.
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 7 - Day 4

<b>Breakfast:</b>	Power smoothie.
<b>Snack:</b>	30g trail mix.
<b>Lunch:</b>	95g tinned salmon with salad and hummus/tahini/avocado on flat bread (see hummus recipe).
<b>Snack:</b>	1 apple and whole wheat crackers.
<b>Dinner:</b>	180g grilled snapper with broccoli, pumpkin and snow peas.
<b>Liquids:</b>	2L water.

### WEEK 7 - Day 5

<b>Breakfast:</b>	1 cup muesli with berries and 50g yoghurt (see toasted muesli recipe).
<b>Snack:</b>	2 rice thins with avocado or tahini.
<b>Lunch:</b>	180g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 orange.
<b>Dinner:</b>	200g grilled salmon with mushrooms, carrots & broccoli sprinkled with cayenne pepper.
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

### WEEK 7 - Day 6

<b>Breakfast:</b>	70g yoghurt and ½ cup mixed berries with 2 teaspoons chia seeds and coconut flakes.
<b>Snack:</b>	5 brazil nuts and 1 orange.
<b>Lunch:</b>	2 x 80g Lentil and vegetable patties (put extra portions in freezer) (see lentil and vegetable patties recipe).
<b>Snack:</b>	¼ avocado on 2 corn thins.
<b>Dinner:</b>	180g roasted chicken breast, roasted leftover vegetables.

<b>Liquids:</b>	2L water.
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**WEEK 7 - Day 7**

<b>Breakfast:</b>	2 egg omelette with 30g fetta and parsley.
<b>Snack:</b>	Celery sticks and hummus (see hummus recipe).
<b>Lunch:</b>	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg.
<b>Snack:</b>	30g trail mix.
<b>Dinner:</b>	180g organic lamb sausages with steamed vegetables and ½ cup pumpkin and sweet potato mash.
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 8 - Day 1**

<b>Breakfast:</b>	70g plain yoghurt with 10g flax seeds and 2 teaspoon chia seeds
<b>Snack:</b>	Carrots and 12 grapes
<b>Lunch:</b>	120g turkey on a whole meal pita with salad
<b>Snack:</b>	1 banana and 10 cashews
<b>Dinner:</b>	150g organic steak with blanched green beans and a large green salad
<b>Liquids:</b>	2L water, 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 8 - Day 2**

<b>Breakfast:</b>	1 cup muesli with ½ cup blueberries and oat milk and coconut flakes
<b>Snack:</b>	8 raw brazil nuts
<b>Lunch:</b>	Grated carrot, beetroot, finely chopped celery & radish, ¼ avocado, baby spinach leaves, sunflower & sesame seeds and olive oil dressing
<b>Snack:</b>	2 rice cakes with ABC spread
<b>Dinner:</b>	150g organic chicken poached in chicken stock with fresh ginger, steamed bok choy, broccoli & snow peas
<b>Liquids:</b>	2L water and herbal tea

**WEEK 8 - Day 3**

<b>Breakfast:</b>	Power smoothie: 100ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
<b>Snack:</b>	35g pumpkin seeds and 1 apple
<b>Lunch:</b>	1 whole meal pita stuffed with 95g canned salmon, spinach, grated carrot and hummus (see hummus recipe).
<b>Snack:</b>	10 cashews and a banana
<b>Dinner:</b>	150g grilled lean turkey with steamed green beans, zucchini, mushrooms, plus a small green salad
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).

**WEEK 8 - Day 4**

<b>Breakfast:</b>	1 cup muesli mixed with ¼ cup blueberries and oat milk with 2 teaspoons chia seeds
<b>Snack:</b>	5 strawberries and 15g pumpkin seeds
<b>Lunch:</b>	2 x 80g salmon, tofu and broccoli patties
<b>Snack:</b>	30g trail mix and 1 apple
<b>Dinner:</b>	2 lemongrass and chilli chicken drumsticks with steamed greens
<b>Liquids:</b>	2L water and chamomile tea

**WEEK 8 - Day 5**

<b>Breakfast:</b>	Power smoothie: 100ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
<b>Snack:</b>	30g trail mix (sunflower seeds, mixed nuts, raisins and pieces of dark chocolate or raw cacao nibs)
<b>Lunch:</b>	1 whole meal pita bread topped with 30ml pesto, diced tomato, spinach and mushrooms, baked for 10 minutes at 130 C.
<b>Snack:</b>	70g plain yoghurt mixed with 14 g flax seeds and 2 teaspoons chia seeds
<b>Dinner:</b>	150g baked salmon with steamed zucchini and broccoli

<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).
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#### WEEK 8 - Day 6

<b>Breakfast:</b>	Banana Blueberry shake- 1 banana, ½ cup blueberries, 1 egg and 100ml almond milk blended
<b>Snack:</b>	10 cashews and 1 mandarin
<b>Lunch:</b>	150g grilled turkey wrap with salad on flat bread (see turkey wrap with salad on flat bread recipe).
<b>Snack:</b>	1 cup cucumbers and carrots
<b>Dinner:</b>	150g baked chicken with pan-seared mushrooms and spinach
<b>Liquids:</b>	2L water

#### WEEK 8 - Day 7

<b>Breakfast:</b>	Power smoothie: 100ml oat milk, 30gr rolled oats, 50gr natural yoghurt, 30gr frozen berries, 2 teaspoons chia seeds
<b>Snack:</b>	30g trail mix
<b>Lunch:</b>	Salad with mixed leaves, broccoli, capsicum, zucchini, carrot, grated beetroot, sunflower seeds, ¼ avocado and 1 boiled egg
<b>Snack:</b>	1 apple and handful grapes
<b>Dinner:</b>	Salad of 95g canned tuna, spinach, capsicum, cucumber and 15ml balsamic vinegar
<b>Liquids:</b>	2L water and 150ml carrot, celery, apple, mint, parsley (see turn back time juice recipe).