**14 Day Shred Meal Plan Volume 5 (Female, Week 1)**

\*Use other herbal teas + water during the day to stay hydrated

\*Adjust fast days and meal times to suit your schedule. Fast until 12pm minimum, although feel free to fast longer. Fasting is NOT recommended for people at the crashed level on the adrenal stress quiz.

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7.30AM | Raw Apple Crumble | Fast until 12pm | Banana Nut Porridge | Green Smoothie | Banana Nut Porridge | Poached eggs, spinach & salmon | Fast until 12pm |
| 12PM | Pumpkin Soup | 2 cups Pumpkin soup | Broccoli Salad | Raw Feijoa Crumble | Leftover Almond Flax Chicken | Leftover Lamb Roast w/roast veges | Green Smoothie |
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| 3-4PM | 1 closed palmful of nuts & goji berries | Palmful of rotisserie chicken | 1 closed palmful of nuts & goji berries | 1 or 2 Raw Brownie Balls | 1 closed palmful of nuts & goji berries | Palmful of mixed berries | Palmful of Rotisserie Chicken |
| 6-7PM | Pumpkin Soup | Broccoli Salad | Almond Flax Chicken with side veges | Almond Flax Chicken with side veges | Lamb Roast | Cheat meal | Thai Lentil Massaman Curry |

**14 Day Shred Meal Plan Volume 5 (Female, Week 2)**

\*feel free to adjust fast days and meal times to suit your schedule. Fast days in week two push out to 3pm or longer if you feel comfortable

\* Cheat meal in week two is Sunday after weigh in.

\*The Turkish salad is a takeaway option

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7.30AM | Raw Apple Crumble | Banana Nut Porridge | Banana Nut Porridge | Fast | Peanut Butter Milk Shake | Peanut Butter Milk Shake | Weigh in/Fast |
| 12PM | Palmful rotisserie chicken w/hummus & vege sticks | 1 or 2 cups of Chicken Soup | Leftover Stuffed Chicken Breast w/side veges | Fast | Palmful rotisserie chicken w/hummus & vege sticks | 2 scrambled eggs | Fast |
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| 3-4PM | Palmful of frozen berries | 1 or 2 Raw Brownie Balls | ½ green apple | 1 Raw Brownie + 1 palmful of berries | ½ green apple | Vege sticks & hummus | Handful of frozen berries |
| 6-7PM | 1 to 2 cups of Chicken Soup | Stuffed Chicken Breast | Falafel Bowl w/1/4 cup brown rice | Falafel Bowl w/1/4 cup brown rice | Raw Apple Crumble | Turkish Salad | Cheat Meal |