

14 Day Shred Done-for-You Meal Plan Volume 3 (Female, Week 1)

Keep it Simple!

- *Include apple cider vinegar three times per day (refer to label for serving size)
- *Drink Chamomile tea each night to assist with wind down
- *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.

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>7.30AM</u>	GF Banana Pancake	Fast until 12pm	Paleo Cereal w/berries	Peanut Butter & Maple Syrup Crunch	GF Banana Pancake	Berry Smoothie Bowl	Fast until 12pm
<u>12PM</u>	2 Rice Paper Summer Rolls	Pear, Walnut & Roquefort Salad	Leftover Lazy Mans Roast with ½ palmful of chicken	2 rice paper rolls w/chicken	Lentil & Kumara Soup	Green Smoothie	Vege sticks & Basil Pesto
<u>3-4PM</u>	Vege sticks & hummous	Palmful of berries w/2 TBLS Yoghurt	Vege sticks & hummous	½ large green apple w/almond butter	Palmful of berries	Dark Chocolate Peanut Butter Mousse	Dark Chocolate Peanut Butter Mousse
<u>6-7PM</u>	Pear, Walnut & Roquefort Salad	Lazy Mans Roast	2 Rice Paper Summer Rolls w/ ½ palmful chicken	Lentil & Kumara Soup	Turkish salad (takeaway)	Cheat Meal	Lazy Mans Roast

14 Day Shred Done-for-You Meal Plan (female, Week 2)

*Include apple cider vinegar three times per day (refer to label for serving size)

*Drink Chamomile tea each night to assist with wind down and sleep

*Use other herbal teas + water during the day to stay hydrated (pass clear fluid)

*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.

Got questions? Get in touch.

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>7.30AM</u>	Peanut Butter & Maple Syrup Crunch	GF Banana Pancake	Paleo Cereal	Fast until 3pm	Peanut Butter & Maple Syrup Crunch	GF Banana Pancake	Fast until 3pm
<u>12PM</u>	2 x Rice Paper Rolls	5 minute Salad	Dark Chocolate Peanut Butter Mousse	Fast until 3pm	2 x rice paper rolls	Roast Pumpkin + nuts & seeds	Fast until 3pm
<u>3-4PM</u>	Vege sticks & basil pesto	½ Green Apple w/nut butter	Vege sticks & basil pesto	Paleo Cereal w/berries	½ Green Apple w/nut butter	Palmful of fruit (any choice)	Paleo Cereal
<u>6-7PM</u>	Lazy Mans Roast Chicken	2 x Rice Paper Rolls	Pear, Walnut & Roquefort Salad	Pear, Walnut & Roquefort Salad	BBQ Sausages & Salad & roast veges	BBQ Sausages & Salad	Optional Cheat Meal