

Plant Based Meal Plan - Volume 5 - Week 1

- * Aim for 2.5ltrs of water during the day to stay hydrated, assist with elimination and manage portion sizes
- * Helpful supplements include Liquid Zinc Sulphate to boost liver function and Vitamin B12
- * Remember to adjust the food plan to suit your budget
- * 500ml of Celery Juice is recommended first thing in the morning to boost the liver (or lemon juice)
- * Feel free to swap the meals around to suit your schedule or preferences
- * Snack on a variety of fresh fruit and raw vegetables if you get hungry
- * Up to one palm size of animal protein per day is okay if you feel you need it. Avoid pork, tuna and eggs.
- * Above all – get in touch with me if you get stuck so I can adjust the programme to suit you better.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7.30AM</u>	Carrot Cake Overnight Oats	Carrot Cake Overnight Oats	Fruit Salad Bowl	Fruit Salad Bowl	Nutty Buckwheat Granola	Nutty Buckwheat Granola	Optional fast after cheat meal
<u>10AM</u>	Celery sticks & dates	Handful walnuts & raisins	Vege sticks & hummus	Apricot Bar	Apple or pear	Handful walnuts & raisins	Vege sticks & hummus
<u>12PM</u>	Broccoli, Brown Rice & Cashew Salad	Broccoli, Brown Rice & Cashew Salad	Banana Strawberry Smoothie	Banana Strawberry Smoothie	Fruit Salad Bowl	Cinnamon Pears & walnuts	Cinnamon Pears & walnuts
<u>3-4PM</u>	Apricot Bar	Vege sticks & hummus	Apple or pear	Celery sticks & dates	Vege sticks & hummus	Apricot Bar	Celery sticks & dates
<u>6-7PM</u>	Potato Salad	Leftover Potato Salad	Walnut & Lentil Tacos	Leftover Walnut & Lentil Tacos	Creamy Cheesy Soup	Cheat meal (optional)	Leftover Creamy Cheesy Soup

Plant Based Meal Plan - Volume 5 - Week 2

*Aim for 2.5ltrs of water during the day to stay hydrated, assist with elimination and manage portion sizes

*Helpful supplements include Liquid Zinc Sulphate to boost liver function and Vitamin B12

*Remember to adjust the food plan to suit your budget

*500ml of Celery Juice is recommended first thing in the morning to boost the liver (or lemon juice)

*Feel free to swap the meals around to suit your schedule or preferences

*Snack on a variety of fresh fruit and raw vegetables if you get hungry

*Up to one palm size of animal protein per day is okay if you feel you need it. Avoid pork, tuna and eggs.

*Above all – get in touch with me if you get stuck so I can adjust the programme to suit you better.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7.30AM</u>	Mango Lassi	Nutty Buckwheat Granola	Mango Lassi	Nutty Buckwheat Granola	Banana Strawberry Smoothie	Baked Bananas Foster (LR 420)	Optional Fast after cheat meal
<u>10AM</u>	Cauliflower florets & sliced apple	Vege sticks & hummus	Apricot Bar	Vege sticks & hummus	Cauliflower florets & sliced apple	Pear or chopped pineapple	Berries & Cream
<u>12PM</u>	Rainbow Salad Bowl	Rainbow Salad Bowl	Sweet Potato & Black Bean Salad (LR 388)	Sweet Potato & Black Bean Salad	Kale Power Salad	Kale Power Salad	Mango Lassi
<u>3-4PM</u>	Apricot Bar	Pear or chopped pineapple	Cauliflower florets & sliced apple	Berries & Cream	Apricot Bar	Berries & Cream	Vege sticks & hummus
<u>6-7PM</u>	Roasted Vege Pasta	Leftover Roasted Vege Pasta	Plant-Based Platter	Fresh Tomato Risotto with Grilled Greens	Leftover Fresh Tomato Risotto with Grilled Greens	Cheat Meal (optional)	Leftover Kale Power Salad