

Plant Based Meal Plan - Week 5

- * 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>	Blueberry Banana Spinach Smoothie	Blueberry Banana Spinach Smoothie	Banana Breakfast Oats	Banana Breakfast Oats	Chia pudding	Chia pudding	Optional fast after cheat meal
<u>10am</u>	Palmful dried apricots & walnuts	Apple or Orange	Vege sticks & hummus	Vege sticks & hummus	Apple or Orange	Apple or Orange	Vege sticks & hummus
<u>12PM</u>	Wild Rice, Tomato & Rocket Balsamic Salad	Wild Rice, Tomato & Rocket Balsamic Salad	Pear & Walnut Salad	Pear & Walnut Salad	Blueberry Banana Spinach Smoothie	Strawberry Banana Pancakes	Strawberry Banana Pancakes
<u>3-4PM</u>	Vege sticks & hummus	Palmful mixed nuts & raisins	Apple or Orange	Palmful mixed nuts & raisins	Vege sticks & hummus	Palmful dried apricots & walnuts	Apple or Orange
<u>6-7PM</u>	Baked Potato Nachos	Leftover Baked potato Nachos	Falafel & Roast veges	Leftover Falafel & Roast veges	Creamy Mushroom & broccoli pasta	Cheat Meal	Leftover Mushroom & broccoli pasta

Plant Based Meal Plan - Week 6

*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>	Chocolate Chai Milkshake	Strawberry Banana Smoothie	Chocolate Chai Milkshake	Chickpea Scramble	Leftover Chickpea Scramble	Strawberry Banana Pancakes	Optional fast after cheat meal
<u>10am</u>	Vege sticks & hummus	Palmful nuts & dates	Vege sticks & hummus	Pear or Orange	Vege sticks & hummus	Pear or Orange	Palmful nuts & dates
<u>12PM</u>	Detox Salad	Detox Salad	Pear & Walnut Salad	Pear & Walnut Salad	Berries & cream	Berries & cream	Leftover Strawberry Banana pancakes
<u>3-4PM</u>	Pear or Orange	Vege sticks & hummus	Pear or Orange	Vege sticks & hummus	Palmful nuts & dates	Vege sticks & hummus	Pear or Orange
<u>6-7PM</u>	Roasted Eggplant & Tomato Stew	Leftover Roasted Eggplant & Tomato Stew	Lentil & Pumpkin Soup	Lentil & Pumpkin Soup	Red Sweet Potato Curry	Cheat Meal	Leftover Red Sweet Potato Curry

