

## *Plant Based Volume 2 Meal Plan - Week 3*

- \*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
- \*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>	Raw Date Granola	Banana Strawberry Smoothie	Raw Date Granola	Baked Pears	Baked Pears	Banana Strawberry Smoothie	Optional fast after cheat meal
<u>10AM</u>	Vege sticks with hummus	Apple or Pear	Vege sticks with hummus	Banana Strawberry Smoothie	Fruit Skewers with strawberry drizzle	Vege sticks with hummus	Banana Strawberry Smoothie
<u>12PM</u>	Fruit Salad with leafy greens	Leftover Jacket Potato w/Mexican Beans	Warm apples w/Caramel Dip	Leftover Lentil Dahl	Leftover falafel & Veges	Wild Blueberry Pancakes	Wild Blueberry Pancakes
<u>3-4PM</u>	Berries & Cream	Fruit Skewers with strawberry drizzle	Fruit Skewers with strawberry drizzle	Vege sticks & Hummus	Vege Sticks & Hummus	Palmful Of Mixed Nuts & Seeds	Palmful Of Mixed Nuts & Seeds
<u>6-7PM</u>	Jacket Potato w/Mexican Beans	Warm apples w/Caramel Dip	Lentil Dahl	Roast Falafel & Veges	Banana Nut Milkshake	Cheat Meal	10 minute Chickpea Curry

## *Plant Based Volume 2 Meal Plan -Week 4*

- \*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
- \*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>	Raw Date Granola	Raw Date Granola	Apple Pie overnight Oats	Banana Strawberry Smoothie	Apple Pie overnight Oats	Banana Strawberry Smoothie	Optional fast after cheat meal
<u>10AM</u>	Vege sticks with hummus	Apple or Pear	Banana Strawberry Smoothie	Apple or Pear	Fruit Skewers	Vege sticks with hummus	Banana Strawberry Smoothie
<u>12PM</u>	Leftover Chickpea curry	Berries & Cream	Orange & Olive Salad	Berries & Cream	Orange & Olive Salad	Wild Blueberry Pancakes	Wild Blueberry Pancakes
<u>3-4PM</u>	Apple or Pear	Fruit Skewers	Baked Pears	Baked Pears	Fruit Skewers	Grape Slushy	Grape Slushy
<u>6-7PM</u>	Fruit Skewers	Avocado Boats w/ Mexican Beans	Avocado Boats w/Mexican Beans	Turkish Salad (takeaways)	Banana Milkshake	Cheat Meal	Baked Kumara fries w/Mexican Beans