

## *Plant Based Meal Plan - Volume 4 - 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>	Apple Crisp	Apple Crisp	Banana Mango Spinach Smoothie	Banana Mango Smoothie	Berries and Cream	Tofu Scramble with Mushrooms	Optional Fast after cheat meal
<u>10AM</u>	Celery sticks & dates	Orange or Pear	Apple slices with nut butter	Power Oat Cake	Celery sticks & dates	Vege sticks & hummus	Orange or Pear
<u>12PM</u>	Italian Chopped Salad	Italian Chopped Salad	Berries and Cream	Leftover Buddha Bowl	Leftover Plant Pizza	Banana Mango Smoothie	Tofu Scramble with Mushrooms
<u>3-4PM</u>	Power Oat Cake	Apple Slices with nut butter	Vege sticks & hummus	Orange or Pear	Apple slices with nut butter	Power Oat Cake	Apple Slices with nut butter
<u>6-7PM</u>	Creamy Pasta Bake	Creamy Pasta Bake	Buddha Bowl	Plant Pizza	Spicy Butternut Dahl	Cheat Meal	Leftover Spicy Butternut Dahl

## *Plant Based Meal Plan - Volume 4 - 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>	Fruit Salad bowl with Coconut Yoghurt	Banana Mango Spinach Smoothie	Bounty Oats with Dark Chocolate	Bounty Oats with Dark Chocolate	Banana Mango Spinach Smoothie	Fruit Salad bowl with Coconut Yoghurt	Optional Fast after Cheat Meal
<u>10AM</u>	Power Oat Cake	¼ avocado with celery sticks	Apple or orange	Vege sticks & hummus	Power Oat Cake	Apple or Orange	Power Oat Cake
<u>12PM</u>	Kale & Broccoli Salad	Kale & Broccoli Salad	Orange, mint and apple salad	Leftover Quick Vegetable Curry	Orange mint and apple salad	Carrot Pancakes with almond caramel	Carrot Pancakes with almond caramel
<u>3-4PM</u>	Vege sticks & hummus	Apple or orange	Power Oat Cake	¼ avocado with celery sticks	Apple or orange	Vege sticks & hummus	¼ avocado with celery sticks
<u>6-7PM</u>	Garlic Zucchini & Tomato Pasta	Leftover Garlic Zucchini & Tomato Pasta	Quick Vegetable Curry	Fruit salad bowl with coconut yoghurt	Satay Tofu Skewers with Asian Slaw	Cheat Meal	Leftover Satay Tofu Skewers with Asian Slaw