MEAL PLAN VOLUME 8
WEEK 1

JENNINGS
HOLISTIC HEALTH COACHING

- Include lemon juice each day
- Drink Chamomile tea each night to assist with wind down
- Aim for 2.5ltrs of water during the day to stay hydrated, assist with elimination and manage portion sizes
- Adjust fast days and meal times to suit your schedule. Fast until 12pm minimum, although feel free to fast longer.
- All animal protein sources are a palm size serving PER DAY only, apart from cheat meals or “flat” days.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Berry & Banana Bowl w/almond yoghurt	Fast until 12pm	Berry & Banana Bowl w/almond yoghurt	500-1000ml of Celery, cuccumber & apple juice	500-1000ml of Celery cuccumber & apple juice	Banana Berry Smoothie	Fast until 12pm (incl optional celery juice)
12:00 PM	Chicken Salad (1/2 palm of meat)	Chicken Salad (1/2 palm of meat)	Vege sticks & Hummus	Sweet Potato & Black Bean Salad	Potato pancakes with cucumber radish salad	Potato pancakes with cucumber radish salad	Baked Banana Buddys
3:00-4:00 PM	Bowl of Watermelon or frozen mango	Bowl of Watermelon or frozen mango	Watermelon Smoothie or mango sorbet	Berry & Banana Nice cream	Berry & Banana Nice cream	Rainbow Bowl (any fruit is fine)	Berry & Banana Nice cream
6:00-7:00 PM	Potato Nachos	Leftover Potato Nachos	Sweet Potato & Black Bean Salad	Potato pancakes with cucumber radish salad	Turkish Falafel Salad (Takeaway option)	Cheat Meal	BBQ Steak & Salad

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MEAL PLAN VOLUME 8
WEEK 2

JENNINGS
HOLISTIC HEALTH COACHING

- 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 Got questions? Get in touch.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Leftover Baked Banana Buddys	Berry Banana Smoothie	Berry Banana Smoothie	Fast	Liver Rescue Juice	Liver Rescue Juice	Fast
12:00 PM	Reviver Salad	Reviver Salad	Vege sticks & Hummus	Fast	Vege Sticks & Hummus	Leftover Chickpea Quiche	Fast
3:00-4:00 PM	Nashi (or alternative)	Nashi (or alternative)	Fruit Bowl	Fruit Bowl	Caramel Apple Rings	Caramel Apple Rings	Baked Banana Buddys
6:00-7:00 PM	Blue Cheese & Pear Salad	Blue Cheese & Pear Salad	Potato Nachos	Potato Nachos	Chickpea Quiche	Cheat Meal	BBQ Beef Sausages, Corn cobb & Salad

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