



Meal Plan Volume 6

Use the template below as a follow along menu, or simply integrate some of the recipes into your daily routine as variation. Remember to follow your coach's supplement directions.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7.30AM</u>	<i>Raw Date Granola</i>	<i>Fast until 12pm</i>	<i>Raw Date Granola</i>	<i>Baked Pears</i>	<i>Baked Pears</i>	<i>Banana Nut Milkshake</i>	<i>Fast until 12pm</i>
<u>12PM</u>	<i>Chicken & Raw vege sticks with hummus</i>	<i>Orange & Olive Salad</i>	<i>Warm apples w/Caramel Dip</i>	<i>Leftover Devilled Sausages</i>	<i>Roast Chicken & Veggies</i>	<i>Chicken Lettuce wraps</i>	<i>Chicken Lettuce wraps</i>
<u>3-4PM</u>	<i>Berries & Cream</i>	<i>Fruit Skewers</i>	<i>Fruit Skewers</i>	<i>Raw Vege sticks & Hummus</i>	<i>Raw Vege Sticks & Hummus</i>	<i>Palmful Of Mixed Nuts & Seeds</i>	<i>Palmful Of Mixed Nuts & Seeds</i>
<u>6-7PM</u>	<i>Jacket Potato w/Mexican Mince</i>	<i>Leftover Jacket Potato w/Mexican Mince</i>	<i>Devilled Sausages</i>	<i>Roast Chicken & Veggies</i>	<i>Roast Chicken & Veggies</i>	<i>Cheat Meal</i>	<i>Bacon Bone Soup</i>



Meal Plan Volume 6

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7.30AM</u>	<i>Raw Date Granola</i>	<i>Raw Date Granola</i>	<i>Berries & Cream</i>	<i>Fast</i>	<i>Berries & Cream</i>	<i>Banana Milkshake</i>	<i>Weigh in/Fast</i>
<u>12PM</u>	<i>Bacon Bone Soup</i>	<i>Chicken Lettuce Wraps</i>	<i>Chicken Lettuce Wraps</i>	<i>Chicken Lettuce Wraps</i>	<i>Orange & Olive Salad</i>	<i>Orange & Olive Salad</i>	<i>Fast</i>
<u>3-4PM</u>	<i>Vege sticks & Hummus</i>	<i>Fruit & Vege Skewers</i>	<i>Baked Pears</i>	<i>Baked Pears</i>	<i>Fruit & Vege Skewers</i>	<i>Grape Slushy</i>	<i>Grape Slushy</i>
<u>6-7PM</u>	<i>Fruit & Vege Skewers</i>	<i>Pumpkin Fries w/Hummus</i>	<i>Avocado Boats w/Mexican Beans</i>	<i>Baked Kumara w/Mexican Beans</i>	<i>Baked Kumara w/Mexican Beans</i>	<i>Turkish Salad (takeaways)</i>	<i>Cheat Meal</i>