

14 Day Shred Meal Plan Volume 7 (Week 1)

**Drink Chamomile tea each night to assist with wind down*

**Aim for 2 to 3ltrs 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 only, and once per day apart from cheat meals or "flat" days.*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7.30AM</u>	<i>Salted Chocolate, Banana & Peanut butter shake</i>	<i>Fast until 12pm</i>	<i>Salted Chocolate, Banana & Peanut butter shake</i>	<i>Homemade Paleo Cereal</i>	<i>Salted Chocolate, Banana & Peanut butter shake</i>	<i>Avocado, Kiwi & Lime Smoothie</i>	<i>Fast until 12pm</i>
<u>12PM</u>	<i>2 x Chicken Lettuce Wraps</i>	<i>Leftover 5 Minute Chickpea curry</i>	<i>Leftover Marinated Chicken Kebabs</i>	<i>Leftover Avocado & Watermelon Salad</i>	<i>Summer Salad</i>	<i>Salted Banana & Avocado</i>	<i>Salted Banana & Avocado</i>
<u>3-4PM</u>	<i>1 apple</i>	<i>Vege sticks & hummus</i>	<i>1 x palmful of berries</i>	<i>Vege sticks & hummus</i>	<i>1 apple</i>	<i>1 x Closed fistful of nuts & seeds</i>	<i>1 apple</i>
<u>6-7PM</u>	<i>5 Minute Chickpea Curry</i>	<i>Marinated Chicken Kebabs</i>	<i>Avocado & Watermelon Salad</i>	<i>Vegan Saagwala</i>	<i>Optional Turkish Falafel Salad (Takeaway)</i>	<i>GF Crumbed Spicy Chicken or Cheat Meal</i>	<i>Leftover GF Crumbed Spicy Chicken</i>

14 Day Shred Meal Plan Volume 7 (Male, Week 2)

**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
<u>7.30AM</u>	<i>Paleo Cereal</i>	<i>Salted Chocolate, Banana & Peanut Butter Shake</i>	<i>Avocado, Kiwi & Lime Smoothie</i>	<i>Fast</i>	<i>Salted Chocolate, Banana & Peanut Butter Shake</i>	<i>Avocado, Kiwi & Lime Smoothie</i>	<i>Fast</i>
<u>12PM</u>	<i>Summer Salad</i>	<i>Summer Salad</i>	<i>Chicken Lettuce Wraps</i>	<i>Fast</i>	<i>Chicken Lettuce Wraps</i>	<i>5 minute Chickpea Curry</i>	<i>Fast</i>
<u>3-4PM</u>	<i>Palmful of berries</i>	<i>1 apple</i>	<i>Vege sticks & hummus</i>	<i>1 apple or piece of fruit</i>	<i>Vege sticks & Hummus</i>	<i>1 piece of fruit</i>	<i>Salted Chocolate, Banana & Peanut Butter Shake</i>
<u>6-7PM</u>	<i>Lazy Mans Roast</i>	<i>Leftover Lazy Mans Roast</i>	<i>Avocado & Watermelon Salad</i>	<i>Leftover Avocado & Watermelon Salad</i>	<i>5 minute Chickpea Curry</i>	<i>Scotch Fillet w/veges OR Cheat Meal</i>	<i>Leftover GF Crumbed Spicy Chicken</i>