JENNINGS
HOLISTIC HEALTH COACHING

14 Day Shred Meal Plan Volume 8 (Week 1)

*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
7.30AM	Berry & Banana Bowl w/almond yoghurt	Fast until 12pm	Berry & Banana Bowl w/almond yoghurt	500ml of Celery, then Porridge	500ml of celery, then Porridge	Banana Berry Smoothie	Fast until 12pm (incl optional celery juice)
12PM	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 Bananas Foster
3-4PM	Apple & Celery Sticks	Apple & Celery Sticks	Fruit Bowl	Berry & Banana Nice cream	Berry & Banana Nice cream	Fruit Bowl	Berry & Banana Nice cream
6-7PM	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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14 Day Shred Meal Plan Volume 8 (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
7.30AM	Leftover Baked Banana Foster	Porridge with dates & almond milk	Berry Banana Smoothie	Fast	Liver Rescue Juice	Liver Rescue Juice	Fast
12PM	Liver Rescue Salad	Liver Rescue Salad	Vege sticks & Hummus	Fast	Vege Sticks & Hummus	Leftover Chickpea Quiche	Fast
3-4PM	Nashi (or alternative)	Nashi (or alternative)	Fruit Bowl	Fruit Bowl	Caramel Apple rings	Caramel Apple rings	Baked Banana Foster
6-7PM	Blue Cheese & Pear Salad	Blue Cheese & Pear Salad	Potato Nachos	Potato Nachos	Chickpea Quiche	Cheat Meal	BBQ Beef Sausages, Corn and Salad