

## *Plant Based Meal Plan - 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>	Cacao Berry Overnight Oats	Cacao Berry Overnight Oats	Banana Mango Spinach Smoothie	Raw Blueberry pie	Banana Mango Smoothie	Raw Blueberry pie	Optional fast after cheat meal
<u>10am</u>	¼ - ½ avocado with carrot sticks	¼ - ½ avocado with carrot sticks	Vege sticks & hummus	Vege sticks & hummus	Palm of walnuts & dried apricots	Vege sticks & hummus	Palm of walnuts & dried apricots
<u>12PM</u>	Apple, Celery & Walnut Salad	Apple, Celery & Walnut Salad	Pear, mint & lime bowl	Pear, mint & lime bowl	Orange, mint & apple salad	Orange, mint & apple salad	Banana Mango Smoothie
<u>3-4PM</u>	1 or 2 handfuls of mixed berries	1 or 2 handfuls of mixed berries	Apple or grapes	Apple slices & Celery sticks	Apple slices & Celery sticks	Banana Mango Spinach smoothie	Vegetable sticks & hummus
<u>6-7PM</u>	Lentil Moussaka	Lentil Moussaka	Roast Capsicum Burrito Bowl	Roast Capsicum Burrito Bowl	Optional Turkish Falafel Salad (takeaways)	Cheat Meal (Meat optional)	Lime, turmeric & tofu curry

## *Plant Based Meal Plan - 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>	Banana, mango, spinach smoothie	Fruit Salad Bowl	Banana, mango, spinach smoothie	Fruit Salad Bowl	Raw Blueberry pie	Raw Blueberry pie	Optional fast after cheat meal
<u>10am</u>	½ Apple	Vege sticks & hummus	Palm of walnuts + Apricots	Palm of walnuts & Apricots	Apple slices and 3-4 date	½ Apple	Mango banana spinach smoothie
<u>12PM</u>	Leftover Lime, Turmeric & Coconut Curry	Apple, Celery & Walnut Salad	Orange, mint & apple salad	Orange, mint & apple salad	Orange, mint & apple salad	Leftover Bun-less Plant burger	Apple, celery, & walnut salad
<u>3-4PM</u>	Vege sticks & hummus	Apple slices and 3-4 dates	Orange, apple or grapes	Apple slices and 3-4 dates	Vege sticks & hummus	Apple slices & Celery sticks	Vege sticks & hummus
<u>6-7PM</u>	Mexican Beans & Brown Rice	Mexican Beans & Brown Rice	Baked Falafel & Roastie Salad	Baked Falafel & Roastie Salad	Bun-less Plant Burger	Cheat Meal (Meat optional)	Mexican Beans & Brown Rice