



14 Day Shred Your Bodyfat Meal Plan (Week 1)

*Helpful supplements include Liquid Zinc Sulphate and Vitamin B12 to boost liver function and immunity from pathogens.

*Aim for 2.5ltrs of water during the day to stay hydrated, assist with elimination and manage portion sizes

*Avoid eggs, cheese, dairy, wheat, tuna and aim to reduce stress.

*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
<u>7.30AM</u>	Blue Banana Detox Smoothie	Fruit salad (banana, peaches, strawberries)	Blue Banana Detox Smoothie	Fruit salad (banana, peaches, strawberries)	Fruit salad (banana, peaches, strawberries)	Blue Banana Detox Smoothie	1 x Black Coffee & Fast
<u>10am</u>	Red apple + celery sticks	Red apple + carrot sticks	Handful of grapes	Rice Crackers & Tomato slices	Celery & Dates	Celery & Dried Apricots	Fast
<u>12PM</u>	Buddha Bowl	Chicken Salad	Buddha Bowl	Falafel Turkish Salad	Falafel Turkish Salad	Fruit Salad Medley	Blue Banana Detox Smoothie
<u>3-4PM</u>	Rice Crackers & Tomato slices	Rice Crackers & Tomato slices	Frozen Fruit Bowl	Frozen Fruit Bowl	Red apple + Carrot sticks	Red apple + Carrot sticks	Palmful of skinless chicken
<u>6-7PM</u>	Roast Vegetable Medley	Roast Vegetable Medley	½ palm of roast chicken with roast veges & greens	½ palm of roast chicken with roast veges & greens	Pear & Rocket Salad + ½ palmful of chicken	Cheat Meal	Lime & Turmeric Coconut Curry

14 Day Shred Your Bodyfat Meal Plan (Week 2)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7.30AM</u>	Blue Banana Detox Smoothie	Black Coffee/tea + Fast (optional)	Blue Banana Detox Smoothie	Black Coffee/tea + Fast (optional)	Blue Banana Detox Smoothie	Fruit salad	Black Coffee/tea +Fast
<u>10am</u>	Red apple + vege sticks	Red apple + vege sticks	Rice Crackers & Tomato Slices	Rice Crackers & Tomato Slices	Celery & carrot Sticks & hummus	Celery & carrot Sticks & hummus	Fast
<u>12PM</u>	Buddha Bowl	Buddha Bowl	Mixed Vegetable Salad + Optional chicken	Blue Banana Detox Smoothie	Falafel & Rocket Salad	Falafel & Rocket Salad	Blue Banana Detox Smoothie
<u>3-4PM</u>	Handful of rice crackers	Blue Banana Detox Smoothie	Red apple + Handful of Celery sticks	2 x Kiwifruit + Handful of Celery sticks	Bowl of Grapes/chopped fruit	Bowl of Grapes/chopped fruit	Apple (or alternative)
<u>6-7PM</u>	Lime & Turmeric Coconut Curry	Warm Potato Salad	½ palmful of Roast chicken + veges	½ palmful of Roast chicken + veges	Buddha Bowl	Cheat Meal	Buddha Bowl